

**Executive Board  
and Committee Chairs****EXECUTIVE BOARD**

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- Diane Kellar 253-874-0537

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- Pam Elliott 253-941-9052

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- Carol Novotney 253-952-6429

- Frances Painter 206-714-1877

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- Connie Mayor 253-331-8962

## Treasurer

- Susan Alcalá 253-344-1767

## Membership

- Janine Walker 253-941-4958

## Newsletter

- Jill Ellis 253-927-1260

**COMMITTEE CHAIRS**

## Auction 2012

- Diane Kellar 253-874-0537

## Audit

- Teresa Koe 253-845-1612

## Block of the Month

- Suzanna Gantt 253-431-5659

- Jan Bruell 253-661-2211

## Community Outreach

- Su Jaynes 206-765-6095

## Community Outreach BOM

- Anna Hudson 253-905-7170

## Email

- Mici Wiggins 360-519-3442

## Hospitality

- Carol Berge 253-859-8913

## Liaison with Emeritus

- Pam Elliott 253-941-9052

## Public Relations

- Susan Alcalá 253-344-1767

## Raffle Quilt (2013)

- Linda Hill

- Kay Thomas

- Kathy Wyckoff 206-824-3307

## Retreats

- Janine Walker 253-941-4958

## Scrapbook

- Gail Woods 253-344-1104

## Storage Unit

- Janine Walker 253-941-4958

## Sunshine

- Colleen Linstead 253-859-0690

## Telephone

- Margaret Mortenson 253-839-0954

## Webmaster

- Agnes Rischar 253-833-8302

**Newsletter Contributors**

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Frances Painter Carol Novotney

Janine Walker Susan Alcalá

Su Jaynes Kathy Wyckoff

Ken Tankerous Faye Dingaway

## President's Pieces

### Diane's Ditherings

What's your New Year's Resolution? Losing Weight and Getting Healthier are the two most common New Year's Resolutions. Did you make one of these two resolutions? I bet you some of you did (I always do). If you did, I have a helpful tip from a recent article in Good Housekeeping magazine.

The 2-minute Lifesaver (adapted for quilters)

Sitting down? Get up — right now! Walking away from your chair every half hour while you're quilting, at work, or at home watching TV sounds like the world's easiest prescription. It is — and it just might save your life.

A recently discovered health threat — **uninterrupted butt-in-chair time** (I love that term)— boosts your odds of cancer, heart disease, and diabetes. In one American Cancer Society study, women who were sedentary for six-plus hours daily — regardless of how active they were at other times — had a 34% higher risk of dying during the 11-year study period than those who stayed seated for less than three hours. There's a weight-loss payoff, too: In one study, Genevieve Healy, Ph.D., a pioneering "inactivity researcher" at Australia's University of Queensland, found that people who took more small, low-intensity breaks throughout the day (really tiny, like walking to the iron or printer) were slimmer than long-haul desk jockeys. The breaks don't have to be time-consuming — even one to two minutes is beneficial — but they should be frequent, every half hour or so. And you do need to move your legs: The act of standing and walking contracts the larger muscles of your legs and back, which activates an enzyme that cues muscles to take in fat and sugar from your bloodstream, Healy explains.

**HOW TO BUILD MINI-BREAKS INTO YOUR DAY...**

Beyond the usual — popping over to the iron or a colleague's office instead of e-mailing, taking the stairs — try these:

- **STAND UP** to use the iron or the phone. Your body works harder — maybe 30% more — when you're on your feet. Pacing is even better.
- **GET RID OF THE WATER BOTTLE** on your desk and walk over to the cooler.
- **GO INTO THE CLOSET** Do some squats while you're retrieving supplies. Need some fabric from a top shelf? Stretch both arms up, lean left, lean right, and then come back to center to retrieve it.

**...AND INTO YOUR NIGHT**

- **TURN OFF THE TV** Almost anything you do instead will be healthier than plopping down for more CSI reruns. Bonus — a 2009 study found that overweight people who cut their TV viewing in half burned an extra 120 calories per day. Or:
- **WATCH AND WALK** Think of commercials as workout time, suggests UCLA professor of public health Toni Yancey, M.D. March in place, haul out the resistance bands, or dance.
- **GRAB A BROOM** Use your movement breaks to sweep the floor or dust the windowsills. You — and the house — will be in better shape.

One last note, I recently heard that we (**the people**) can solve the health care crisis in America by walking just 30 minutes a day. I researched this and found several articles that reaffirm this.\* Also did you know for each pound you lose you take 4 pounds of pressure off your knees? Something to think about — I know that I need to live a long time to use up all the fabric I have so I will be continuing to work on moving more and reducing my **uninterrupted butt-in-chair time!**  
Happy New Year!

\*(**The Health Care Crisis: Can Wellness Solve It?** Stacy Morris; PBS Health Care Crisis — Who's at risk, Sherry Glied, PHD),

**Multi-Service Center Donations:** Each year the Multi-Service Center puts together many Easter Baskets for the kids. They need lots of things to fill those baskets:

- Small baskets (not too big because it takes a lot to fill the bigger baskets). They don't have to be Easter Baskets, just small baskets.
- Candy (individually wrapped candy)
- Small toys (Cars, stuffed animals, crayons....any kind of small toy)

Won't you help make a child's Easter special?

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

## 2012 Raffle Quilt

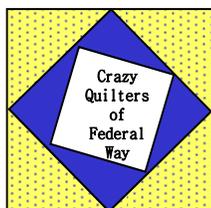
Sue Smith is in charge of ticket distribution for the 2012 Raffle Quilt, so get your tickets from her at a meeting. So many tickets have been handed out, 1000 more were printed. The drawing is January 24, 2013—sell those tickets!



## 2013 Raffle Quilt – Linda Hill, Kay Thomas, Kathy Wyckoff

The 2013 raffle quilt top is AWESOME and will be completed by the end of January and ready for quilting. Thank you to everyone who contributed time and effort to complete the top. We will be able to start selling tickets by the end of February and early March. Who wants to volunteer to coordinate ticket sales?

### Wear Your Badge! – Janine Walker



Don't forget that flashing your membership card at the JoAnn's checkout counter will get you an additional 10% off your purchases. You will need to fill out some initial paperwork, but after that it's a snap. If you have misplaced your card and need a replacement, see me at a meeting or send me an email and I can take care of you.

### 2012 CQ Retreat Schedule – Janine Walker

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

2013 Schedule:    January 25-28  
                           April 19-22  
                           June 21-24  
                           October 18-21  
                           November 11-14



## Places to Go . . . Quilts to See



**February 15-16:** 27<sup>th</sup> Annual Quilt Show, "Quilters are...Birds of a Feather," sponsored by Kitsap Quilters. Kitsap County Fairgrounds, President's Hall, Bremerton. Over 200 quilts on display, vendors from Washington and Oregon, demos, members' boutique, silent auction, café, featured artist Jan Larson, raffle quilt. Hours 10 a.m. to 5 p.m., admission \$5 donation. Info [www.kitsapquilters.com](http://www.kitsapquilters.com).

**February 28-March 3:** Sewing & Stitchery Expo, Puyallup Fairgrounds. Admission \$10, hours Thursday-Saturday 9-6, Sunday 9-5. The sewing industry's biggest stars share the newest techniques and trends. Over 100 daily seminars, the very latest in fabrics, notions, machines and resources from over 200 vendors. Hands-on classes. Info [www.sewexpo.com](http://www.sewexpo.com).

### February 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 Carol Berge, 253-859-8913, if you have questions or are unable to attend.



### Happy Birthday!

Sally Gillman	5	Jean Snedden	18
Jan Bruell	9	Fran Hubner	24
Helen Backer	10	Carol Cowan	27
Pat Bernard	11	Jana Folmar	29
Camille Foote	12		



**Community Outreach – Su Jaynes, 206-765-6095**

I'm enjoying the cool weather in Arizona! Everyone please hang on to the quilts for Community Outreach till I get back. See you in February.

**New about Crazy Quilters Outreach to Children in Foster Care – Susan Alcalá**

Our new contact at DSHS (outreach to children in foster care) is Tatiana Hahn (253-372-6009). The previous social worker, Kim Johnson, just retired. I delivered a large bag of knit caps from Crazy Quilters to the agency on January 2. Tatiana said they were completely out of quilts for the kids and had no "super-kid capes.". It looks like we have some winter projects to do!

**Upcoming Events for Crazy Quilters**

February 14	Program Night: 7:00 p.m., Emeritus Assisted Living. The February program will be a trunk show by Susannah Gantt with a variety of her quilts, and some revelations regarding her personal journey. She will close with quilts based on the basket block. Guild members with completed quilts featuring the basket block are invited to bring them for showing at the end of the presentation, to illustrate the wide variety of styles & interpretations of one block.
February 28	Business Night: Committee reports, Show & Tell, BOM, Block-in-a-Box
Friday Friends (every Friday)	Join several club members every Friday, 10 a.m. to 2:00 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.

**Treasurer's Report – Susan Alcalá**

Our guild's bank balances on December 31 were \$6,211.34 in checking and \$3,703.97 in savings, which totaled \$9,915.31.



**Directory Change**

Pat Forza's new email is patricia\_forza@yahoo.com.



<b>Name:</b>
<b>Description of your project:</b>
<b>Date project was started:</b>

**New UFO Contest Starting: May 2012-April 2013 – Xenia McGowan**

- \* Project must have been started prior to May 1, 2012 and completed by April 2013.
- \* 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!

## A Tidbit of History of American Quilts – found at <http://how-to-quilt.com/newsletter/americanquilting.php>

Quilts have become so much more than the utilitarian bed coverings colonists made in the Eighteenth Century. Naturally, the early American quilts were based on those made in England. Because of this, most of America's earliest quilts are presumed to have been whole cloth quilts with appliqué rather than patchwork.

Patchwork developed later, as did the view of quilts as more than just bedding. Quilts went from utilitarian to home décor. Patterns began to take on names associated with American culture, bringing quilting to light as a melting pot of cultures.

For instance, the English influence came to the colonies with the first settlers. Immigrants from Germany and other nations brought their own traditions and quilting motifs.

When Africans came to the United States, they likewise influenced quilting. The difference is that, since many Africans were brought to the country as slaves, they were taught to quilt according to the established American tradition.

The slaves, however, were able to work in motifs from their own country. In a way, they were able to keep parts of their own heritage alive, even though they were bound by the chains of slavery. Some of these slave quilts have gained recognition for their retelling of African cultural folklore, Bible stories, and for their colorful art.

It did not take long for American quilters to realize they could use their quilts to make political statements. Since most quilting of the day was done by women, quilts used to make statements were important "voices" for the women who did not yet have the right to vote. Quilt raffles were used as fund raisers to promote causes such as temperance and suffrage.

Today, quilts are still used to make political and cultural statements. One of the most popular quilt projects is the AIDS quilt. The quilt is so large that sections of it are sent to tour the world and to promote AIDS awareness. Similar quilts bring awareness to other topics, such as breast cancer and domestic abuse.

Quilts today are also respected for their artistic value. Many people have used them as wall art for years. These days, quilters are taking it a step farther and actually applying mosaic and painting techniques to their quilt projects.

Mosaics are a lot like patchwork anyway, so it makes sense to use the same technique in quilting by substituting fabric pieces for tiles. What may not seem to come naturally, though, is thread painting. This technique uses thread to add dimension and interest to your quilt tops. This one takes practice, but if you have an interest in art, you may well find that thread painting is your quilting niche.

Quilts and quilting have come a long way, for sure. Today's quilting offers something for everyone – the traditionalist, the modernist, the artist, and even the story teller. Why not use the New Year as an excuse to make a promise to yourself: that you will try one thing new in one of your 2013 quilts.

Learn a new skill, make a larger quilt, or learn the history of your favorite quilt block! The knowledge and experience you gain will help you throughout your quilting life.

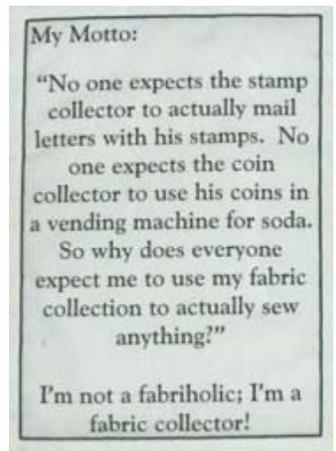


Quilting with Cats, Strategy 2:  
The Empty Cardboard Box Diversion



Head hanging low in shame, she muttered, "But they were having a huge year-end sale on all of their fabric!"

Happy New Year and good luck with those resolutions!!



### **How Did You Learn to Quilt? – found at <http://www.how-to-quilt.com/articles/4102-learning-to-quilt.php>**

If you thought you would love quilting but you don't, it is time to re-think how you learned the craft.

Maybe your quilting frustration comes from improper learning rather than lack of interest. To determine if this is the case for you, take a look at your own learning style.

Do you learn best in a group or in a one-on-one setting? Do you comprehend more when left alone with a list of instructions, or do you prefer having someone nearby of which you can ask questions? There is no right or wrong way to learn quilting, but you do need to find the right way for you to learn.

Some people understand better through reading. These folks can sit down with a list of instructions or a book about a particular technique, and then duplicate the steps in the instructions.

If this sounds like you, you probably only need little more than a book, magazine, or written tutorial to guide you through quilt making. If you learned in a group setting, you may have found yourself distracted or overwhelmed by the noise or commotion. Don't give up on quilting. Instead, find a private place to practice, read instructions, and think through the process.

Others learn better by watching. While watching someone perform a particular quilting technique will not necessarily remove the need for written instructions, it can really help make sense of some of them.

Sometimes it is difficult to express an action in words. Sometimes even photographs and diagrams don't explain it well enough. Seeing someone demonstrate that technique often clarifies any written discrepancies that may exist in the instructions.

If you learn better by observing, you have a number of options to help you learn quilting better. If you do not have a quilting friend who can show you in person, hop online and search for quilting tutorials. You will find quite a few on [YouTube](#) and other quilting websites.

Keep in mind when doing your research, though, that there are always many ways to do most quilting techniques. Search around until you find a video demonstration that clicks with your understanding, and comes out right when you follow the instructions.

Some quilters prefer to learn by doing. Naturally, everyone learns by doing to some degree. After all, practice makes perfect. But those who learn by quilting right alongside another quilter learn fall into this category.

If you do not know someone who can help you get started, video tutorials can be a big help. If you still feel frustrated, find a local quilter in your area and ask for lessons. There may even be a quilting guild you can join. Look for classes at area craft stores, too!

Most quilters fall into a combination of the three learning types. For instance, instructions are somewhat of a necessary evil – at least for assembly instructions. So, even though a quilter learns best from watching videos or working with another quilter, they will still have a need for instructions. Once you are familiar and practiced with your various quilting techniques, project instructions will not be such a chore.

You may find that your own learning style depends upon the type of project on which you are working. You may have the mechanics of traditional piecing down to an art, but find that turned appliqué seems easier after watching some tutorials. Like the other techniques, though, you will eventually get the hang of it. You will also learn to discern between techniques you do and don't enjoy.

It's okay not to love every aspect of quilting. The more you practice, the more you will discover what you like. Then, you can concentrate on similar projects!