# Threads

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### **Crazy Quilters of Federal Way**

October 22, 2009

# Executive Board and Committee Chairs

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- Helen Backer
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253-927-1260

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# President's Pieces

## Lines from Linda

Fall is in the air; football is back on TV; the leaves are such wonderful colors of gold, red, orange; and holiday quilting has started. I don't know about you, but this time of year I start to think about what I will accomplish between now and Christmas. Kendra (my granddaughter) and I started Thanksgiving placemats that we hope to have done in time for the big day. And maybe this will be the year I finally finish a backdrop quilt for Hillsville, my Christmas village. But then again, perhaps I need to focus on Thane's (my younger son) quilt so he doesn't have to wait another whole year for me to get it finished. This quilt is very laborintensive with 63 blocks that are taking me 3-4 hours per block (I have 14 completed). Needless to say, it is going slow and I seem to get bored doing the same thing over and over. Oh well, what is a mother to do but keep plugging along.

But on to another topic. Thank you to everyone who worked at the Puyallup Fair and Innovations Conference. The publicity from these events has brought us members in the past and has shown the public that quilting is alive and well.

Every month I am amazed at the amount of items we have to deliver to the Multi-Service Center. Thank you for your continued support. The people at the Food/Clothing Bank are always glad to see Kathy Wyckoff and me drive up.

Believe it or not, I am at a loss for words, so I will close with the following thought from Maya Angelou.

"You can't use up creativity. The more you use, the more you have."

Until next month, happy stitching, and may the goblins bring smiles to your faces

Linda



#### **Newsletter Contributors**

Barb McClure Agnes Rischard Kathy Wyckoff Pat Hightower Dee Lord Mici Wiggins Linda Hill Carol Berge Pam Elliott Diane Kellar

This is YOUR newsletter. If you have something you'd like to contribute, please call me (253-927-1260), email me (jillzquilts@ hotmail.com) or send it to me (P.O. Box 4243, Federal Way 98063) by the THIRD Thursday of the month. Thanks! jill

#### Fat-Quarter Exchange at Business Meetings – Marianna Garrett

Here is a list of what we'll exchange throughout the rest of 2009:

Oct Halloween or darks

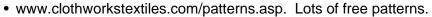
Nov Anything with a face or gold Christmas or red or green Dec

Your name will be in the drawing for each fat quarter you bring, so the more you bring, the more chances you have of winning. Reminder: A fat quarter is 18x22 inches. I you're bringing more than one, please make them different, so we get a variety of fabrics.



#### **Great Websites for Quilters**

- www.windhamfabrics.com/projects/index.shtml. Lots of free patterns here.
- www.quiltinggallery.com. Find free patterns, vote on an online quilt show, get involved in a swap, locate a guilt shop, read blogs by guilters. Lots of good stuff here.
- www.thimbleberries.com/pages?id=253&nav=9. I'm not partial to Thimbleberries fabrics, but this website has free patterns that could be used with brighter fabrics. There are also gift-type patterns and recipes for some yummy-sounding food!



- www.sylviasquiltdepot.com/schoolhouse.htm. Lots of great info: yardage requirements, batting types, mattress sizes; appliqué tips; how-to's on enlarging/reducing patterns, paper-piecing, printing on fabric.... anything you want to know about in the quilting world is right here.
- www.fatquartershop.com/freequiltpattern.asp. This site has free patterns from their own shop, and links to free patterns from 12 fabric manufacturers, such as Moda and Marcus Brothers.
- http://shop.cafepress.com/Quilting. This is GREAT! T-shirts, bags, magnets...all with quilting slogans. What fun! I'm going shopping this weekend!!

#### CQ Retreat Schedule

Those who didn't attend the previous retreat may sign up first. Questions? Contact Janine Walker. Retreats are \$30 a night.

October 23-26 November 9-12 February 5-8, 2010 July 9-12

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.

#### Tumwater Quilt Shop – Big Sale – contributed by Pat Hightower

For those of you going to the October retreat, Ruby Street Quiltworks, in Tumwater, is having a big sale through October 31.

Starting Thursday, October 1: Our entire (frightfully fantastic) selection of HALLOWEEN fabric is 30% off! There is still plenty of time to make something scary, spidery, spooky or sticky sweet to satisfy the trick-or-treaters who brave the dungeon of darkness and find their way to your door on Halloween. Sale ends on Halloween, October 31, 2009.

VISIT OUR WEBSITE! It's brand new. Many of you have watched Ruby Street Quiltworks grow from our humble opening on February 1, 2008. Now watch our website grow. You can check class details, print out a supply list and see a picture of the Instructor's shop sample! www.rubystreetquiltworks.com, Ruby Street Quiltworks, 100 Ruby Street SE, Tumwater, WA (360) 236-0596. Shop Hours: Monday-Saturday, 10-6 and Sunday, 11-3.

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#### September 24 Business Meeting Minutes - Kathy Wyckoff

Crazy Quilter's meeting was called to order at 7:00pm by President Linda Hill.

We had four new members tonight. Welcome to Debbi Coleman, and welcome back to Carolyn Brennan, Patty deCamp, and Michelle Bunker.

A big welcome back to Mauvaneen McMullen, she had hip surgery several months ago and has bounced back beautifully.

Thank you, Jean Snedden, for spending hours at Innovations Quilt show, not too many tickets sold in 4 days but 71 is better than none, so thank you, Jean, for taking that show on and for organizing your workers to sell raffle tickets.

Sonya spoke a moment about the death of her daughter and thanked all of you who sent their prayers and cards.

Thank you to Mici for the invitation for our members to Boeing....sorry I did not get the particulars on that but Linda Hill said they had a great time.

Linda Hill thanked all who worked the Fair. It is always a fun thing to do....not only do you have a chance to visit with your fellow quilt sisters but you also meet lots of people who stop by the demonstration area to tell their story about remembering Mom or Grandma quilting in the living room. Next year please consider joining us at the Fair to tie quilts, it's for a good cause.

Diane Kellar made a quilt with our name "Crazy Quilters of Federal Way" on it. Thank you Diane, your creativity is wonderful. I believe this is to be displayed at CQ functions.

Treasurer Report... We have \$5868.50 in checking and \$2603.83 in savings. We are transferring \$1000.00 into savings.

A Sewing Machine Painter will be at the November Retreat, not the October Retreat. Cost for painting your machine varies but is not too expensive especially for what you get.

#### Old Business

Agnes Rischard (our web-mistress) will be calling the City of Federal Way to make sure we are linked, and that people can find us when they are on the internet.

We have 28 people signed up for the October Retreat. We will have a full house and lots of fun.

#### **New Business**

Multi Service Center donation items for this month are Baby items, candles, children's books, underwear and socks for school children of all ages, and we are coming up on cooler weather....maybe we can find some warm cloths, adult and children's. For the food bank part of the center they are requesting canned pumpkin, canned milk, olives, cranberry sauce, canned ham etc. for the holiday season. This will hopefully make someone's holiday's a little nicer.

Reminder: Nov. 6 is our Roxanne Carter class at the Milton Comm. Center, please see Helen Backer to arrange a spot. Roxanne's classes are always fun and productive.

Barb McClure is looking for help with quilt binding, dolls and other related tasks for Community Service. A NOTE FROM THE SECRETARY (ME): Barb works tirelessly on many of the quilts we give away. She manages the Crazy Quilter Store and Fabric Storage and has opened her home for people to come to work and play. It would be nice if we made an effort to help out on some of these projects...we don't want to wear Barb out, she is a wonderful person and a tireless worker for our group, plus we don't want her to have all the fun either. So please consider planning a day for community service. I will meet YOU there to put kits together and/or to sew some quilts tops together and for those of you who cannot come to work and play, kits will be available to take home and do. Barb has just completed many hours of organization and new lighting to make it nice for us to come. Please call Barb to make sure the day you can come is good for her....I am available on Mondays if you want a buddy. Be sure to pack a lunch.

Raffle Quilt (2009): we are still selling ticket and will do so through the Christmas season so we can sell tickets at several bazaars. We will also have the quilt at Edgewood in November.

Jean Snedden is in charge of the 2010 raffle quilt, she will be showing us the new quilt pattern chosen for the 2010 quilt. And explaining the plan to get it done.

SHOW N TELL....was fabulous as usual, you all continue to amaze me!

#### September 24 Business Meeting Minutes (Continued from page 3)

Thank you, Pam Elliott, for making the treat table so nice. We have had a nice variety of sweet and savory. Thanks everyone.

This is the third month for the mystery guilt......contact Dee Lord if you have guestions.

Jean Snedden would like to see a skills block, she has suggested a rail fence pattern (2.5-inch rails) and an easy appliqué block. More to come later. Sorry I did not get any more info. on this ....I was probably spacing out!

President Linda Hill asked if we are interested in participating, as a group, in the 2010 Gallery Program with the City of Federal Way. The City considers quilts an art form......yahoo! She must submit the application by Oct. 23rd. You must be willing to give up your quilt (s) for several weeks. They will show for 8 weeks at the Knutzen [Family Theater], and 12 weeks at City Hall. (sorry, I do not know what the Knutzen is). Eileen Peacher made a motion that we participate and Diane Kellar seconded. Motion Passed! We are in!!!!

Sonya Parisi spoke a bit about our storage unit. We are not using the space we have now. Pricing for our 5x10-foot space is \$780 a year, if we change to 5x5-foot space we save approximately half. Janine made a motion to change to a smaller space, Mici 2nd. Motion Passed.

#### Community Outreach, October - Barb McClure

Our Community Service volunteers make quilts for many people who need the comfort a warm quilt can give them. Many nonprofit groups contact us for quilts needed for raffles to raise money to support their funding needs. Since 2008, we have given quilts to the following charities:

Swedish Hospital (Children's)
Evergreen Lodge
Multi Service Center – Federal Way
Presbyterian Church (Soup Kitchen – Federal Way)
Thomas Jefferson High School Band
Greater Seattle PTA Scholarship Fund

Fisher House (Veterans)
Alzheimer's – Puyallup
Mary Bridge Hospital (Festival of Trees – Tacoma)
Susan G. Komen (Breast Cancer Walk)
Highline School District

Our club roster has grown rapidly these last few years – approximately 75, more or less. We need volunteers to help make quilts for our Community Outreach Program. Only a handful of people are taking club fabric home to make quilt tops, cut borders, backs and binding for quilt tops that are ready to complete. We seem to be losing sight of just how much good we can contribute to helping others in need. Perhaps many club members think that their help isn't needed, but this is not the case. As a result, the few that are helping cannot work full time on community service projects. They have their own sewing projects they want to work on. If each of us took just one project or "kit" to work on each month, just think what we could accomplish! Please support of our club's efforts and share the work load with the other club members.

Some of the "kits" are for children. We have fabric panels and many have blocks ready to sew together. Some just need one border added. Many kits already have the borders and binding cut ready to sew and have fabric included for the back. Generally we cut the fabrics 3-4 inches larger (on the smaller quilts) than the top measures. These quilts are usually in the 40-45 inch finished size. They can be sandwiched together, pinned and then tied on your kitchen table. We supply the batting, needles and thread to tie the quilts, and even will supply the sewing thread if you need it. Binding needs to be applied to finish each quilt and if you know how to sew binding by machine, that would be a big plus. If you can't finish the binding by machine or by hand, turn it back in and someone else will volunteer to complete the quilt.

Those of us members who have been in the club for a while should encourage new members to take a project home. It will be a good learning experience for new members that are just learning to sew blocks and tie quilts. What better way to do this than with the fabric and supplies available to the club members.

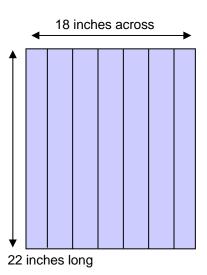
So please call me at 206-244-4333 (home) or 206-491-3069 (cell) to arrange to pick up a "kit" at my home, where fabric and supplies are. This will make it easier for members who work to arrange a time to pick up a project. I'm flexible, so there won't be any specific day of the month as it was in the past to pick up a project.

Don't be shy, please call.

#### 2.5-inch Strips Exchange at Business Meetings – Jill Ellis

Cutting directions: Lay your fat quarter down so the **18-inch sides are across the top and bottom.** Cut seven 2.5-inch strips from that fat quarter, so they will be 2.5 x 22 inches. Cut 10 fat quarters into strips, then put them into 7 piles of 10.

Please use something other than tape to bundle your strips together. I use the largest stitch on my sewing machine to sew 5-6 stitches down the center of each pile. This will keep the strips together and we don't have to mess with bits of tape pulling threads off each strip, or a bunch of tiny baggies. Put your 7 bundles of strips into a large Ziplock or paper bag with your name on it and bring it to each business meeting. There are a lot of patterns calling for strips, and I'd be happy to provide info on some of those. You can also go to www.quiltville.com for good ideas on using 2.5-inch strips.



#### UFO Challenge Guidelines 2009-2010 - Linda Hill

- > Project must have been started prior to June 2009 and completed by April 22, 1010.
- >< Project start date is the date CQ member began work on the project.
- \* "Started" means some progress has been made on the UFO. Simply buying fabric and patterns does not qualify as a UFO.
- ★ Total outside perimeter must be at least 54 inches.
- ✓ UFO Entry forms should be submitted when project is shown during "Show 'n' Tell at business meetings."
- Entry forms may also be submitted with a picture of completed project (if project is not be available for show 'n' tell)
- ✓ UFO projects other than quilts are eligible for entry if project has at least 6 hours labor involved in completion.

#### **October 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 Pam Elliott, 253-941-9052, if you have questions or are unable to attend.



Sonya Parisi	11	Carolyn Grennan	16
Connie Mayor	13	Carolyn Savage	23
Lu Olson	14	Beth Tays	26
Patty deCamp	14		

Happy Birthday!

#### 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, 2009.

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 2010 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!

How about a road trip? Near or far, there's a trip for you.

**September 30- December 27**, La Conner Quilt Museum, Exhibits "Play with Your Food: The Delicious Quilts of Sandy Bonsib" and "As the Needle Turns," works by students of Nancy Chong. Info www.laconnnerquilts.com.

**October 23-25,** "Quilts from the Cabin," sponsored by West Sound Quilters, Kitsap County Fairgrounds, President's Hall, Bremerton. Hours Fri-Sat 10-5, Sunday 10-4, admission \$5.

October 23-Nov 1, Southwest Washington Shop Hop, sponsored by Gee-Gee's in Yelm. There will be passports available at the beginning of October and during the hop. Participants will receive a fat eighth of fabric and a "Thangles" pattern from each shop. Additional fabric will be needed to finish the blocks. To enter into the drawing for the Grand prize you must visit all 20 shops. All shops will be open Mon-Sat 10-5, and Sunday 11-4. For info, send email inquiries to sales@geegeesquilting.com or go to http://sw-washingtonshophop.wetpaint.com/. Participating shops are: Cranberry Bay, Ocean Shores; Quilt Harbor, Aberdeen; Pfaff Creative Sewing, Lacey; Just for Fun! Quilting, Vancouver; Art 'n Sew, Vancouver; Longview Sew & Vac, Longview; Quilter's Junction, Centralia; Sugar n Spice, Morton; Country Manor, Battle Ground; Quilt Nest, Castle Rock; Gee Gee's Quilting, Yelm; Sue's Stitch & Time, Shelton; Ruby Street Quiltworks, Tumwater; Quilting Cottage, Oakville; Quilt Barn, Puyallup; Purple Bumblebee, Longview; Creative Quilter, Graham; Wild Rose Quilt Shop, Orting; Parkland Parish Quilt Company, Parkland; Shibori Dragon, Lakewood; Elma Variety Store, Elma

**November 12-14,** Rusty Barn Quilt & Sewing Festival, Western Washington Fairgrounds, Puyallup. Hours 10-5. Admission \$8.00, good for all three days. Info www.rustybarn.com and to get a \$1.00-off coupon.

#### **Quotable Quotes**

Seen in the women's bathroom in a pub in Ocean Shores: "Please remain seated for the entire performance."

"There's nowhere you can be that isn't where you're meant to be." Lennon & McCartney, Love is All You Need

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.



#### **Upcoming Events for Crazy Quilters**

November 6	Roxanne Carter's "Girls' Day Out" workshop, 10:00 a.m. to 4:00 p.m., \$25 fee. Milton Community Center, 1000 Laurel Street, Milton WA Sign up by October 22. There are ~10 openings still, so if you have friends who would like to participate, please invite them. Bring a sack lunch.
November 11, Program Meeting, 7:00 p.m.	Gayle Pulley teaches fabric painting at the Creative Quilter in Graham. She will do a demo/trunk show. Gayle is working on a book. She would like the opportunity to promote fabric painting and show that you do not need to be an artist to do this anyone can do it!
Friday Friends (every Friday)	Join several club members every Friday, 10 a.m. to 1:00 p.m. Milton Community Center, 1000 Laurel Street, Milton 98354 Come work on your unfinished projects. We generally do not meet the Friday before a holiday.

#### Raffle Tickets

Dee Lord will be selling raffle tickets at the Edgewood Grange in Milton November 6-7. She will have a signup sheet at the October 22 meeting for anyone who would like to help. If you can't attend the meeting and would like to participate, please contact Dee, 253-661-0807, or by email, LORDD@dshs.wa.gov.

#### Swine Flu versus Colds: A Comparison of Symptoms - contributed by Pam Elliott

The only way to stop the spread of the epidemic is to spread the awareness.

Symptom	Cold	H1N1 Flu
Fever	Rare	Usually present in up to 80% of all flu cases; a temp of 100 degrees or higher for 3-4 days is associated with the flu.
Coughing	A hacking, productive (mucus- producing) cough is often present	A nonproductive (nonmucus-producing cough is usually present; sometimes referred to as a dry cough
Aches	Slight body aches and pains can be part of a cold	Severe aches and pains are common.
Stuffy nose	Commonly present; typically resolves spontaneously within a week	Not commonly present
Chills	Not common	60% of people who have the flu experience chills
Tiredness	Fairly mild	Moderate to severe
Sneezing	Commonly present	Not common
Sudden symptoms	Cold symptoms tend to develop over a few days	The flu has a rapid onset within 3-6 hours; it hits hard and includes sudden symptoms like high fever, aches, and pains
Headache	Not common	Very common with the flu, present in 80% of flu cases
Sore throat	Commonly present	Not common
Chest discomfort Mild to moderate		Often severe

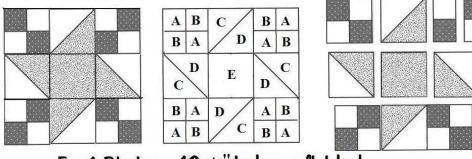
#### Tips / Hints (Please let me know if you have something great you'd like to share!)

- Before sewing down your label on the back of a quilt, tuck small pieces (3x3 inches or so) of the fabric used in the quilt behind the label. If there is ever a need to repair a rip or small hole, the fabric is right there, and it will have been washed as often as the fabric on the front, so there will be no color difference.
- When making a quilt with blocks on point, use this calculation to figure out the size of the squares to cut into setting triangles: Block size DIVIDED by 1.414, then ADD 0.875. Round up if needed, then cut square diagonally.
- When machine quilting, instead of stitching exactly in the ditch, stitch about 1/4 inch away from your seam lines; that way, if your stitching lines don't match exactly with the seam line, it won't be as noticeable.
- Use light thread unless you are quilting on dark fabric. For some reason, dark thread shows all of your "mistakes" more than light thread
- Use a print fabric to hide your machine quilting stitches. Your stitches will be hidden even more if you use matching thread.
- Spray starch your backing fabric until it is stiff. This will help it glide over the surface of the table, as well as prevent puckers and tucks. It will wash out easily when your quilt is finished, if it doesn't wear out as you quilt it.

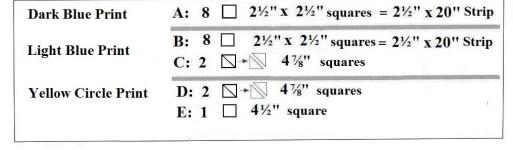
#### My Quilts are in a Gallery!

Okay, it's just a wall at work, but they're there for the whole world to see...my WORK world, which is the 2<sup>nd</sup> floor of the Boeing Engineering Building in Renton. One of the engineers, Chris, asked if they could hang some of my wall quilts up above the cubes. I was so flattered!! Then Chris said, "They'll really muffle noise when everyone's talking." My puffed-with-pride chest deflated. But then I thought, "Well, they could have put burlap bags up there, so I'm still going to be happy they asked ME for my quilts." There's actually only two I did from start to finish, and two I finished from UFOs I bought at estate sales. Of the other eight, Mici Wiggins made two, Teresa Koe made one, and the rest I bought. People from all over the building have commented on how nice "my" quilts look, and while I'm quick to point out someone requested them and I would NEVER presume to decorate an area other than my own desk, I love knowing I'm promoting the art of quilting, and brightening the engineering world at Boeing. I look up when I'm walking by and smile every time.

#### Community Service Block - Friendship Star Variation - Carol Berge



For 1 Block = 12 1/2" inches unfinished



- Sew the strips of Fabric A to Fabric B; subcut into 8 units, 2.5 x 4.5 inches
- Sew A&D units into a 4-patch; make 4 (4.5x4.5 inches)
- Construct half-square triangles (HST) with the C&D units; make 4 HST
- · Sew units together as shown
- Hint: when making the C&D units for the HSTs, square these up to 4.5 inches.

A great big thank you to everyone who contributes to Community Service. Winter is coming and the need for community service quilts will rise tremendously. Your support makes it possible to help fill this need for our community.

I want to thank Jill Ellis for providing last month's Zigzag block pattern. I hope everyone enjoyed making it as much as I did.

Do you have a simple quilt pattern that would be suitable for a community service block. I would prefer 12-inch blocks or larger to speed putting a top together. Send your suggested patterns to me. I would be very happy to use them, if possible. I do have some already in the works, though. Email: Carol Berge@msn.com

Also, if you want to make a "Stash Block" of the month and do not have the fabrics that are listed in your stash, please use whatever fabrics you choose. These blocks can be sashed and put together as a "Sample Block Quilt." We are very resourceful and can use any and all blocks submitted to us.

#### Pheromones and Fabric Study – contributed by Diane Kellar

A recent study indicated that fabric gives off certain Pheromones that actually hypnotize women and cause them to purchase unreasonable amounts. When stored in large quantities in enclosed spaces, the Pheromones (in the fabric) cause memory loss and induce the nesting syndrome (similar to the one squirrels have before the onset of winter; i.e., storing food), therefore perpetuating their species, and not having a population loss due to their kind being cut into pieces and mixed with others. Sound tests have also revealed that these fabrics emit a very high-pitched sound, heard only by a select few, a breed of women known as "quilters." When played backwards on an LP, the sounds are heard as chants, "buy me, cut me, and sew me." In order to overcome the so called "feeding frenzy effect" that these fabrics cause, one must wear a face mask when entering a storage facility and use ear plugs to avoid being pulled into their grip. (One must laugh, however, at the sight of customers in a fabric store, with WW2 army gas masks and headphones!).

Studies have also indicated that aliens have inhabited the earth, helping to spread the effects that these fabrics have on the human population. They are called FABRIC STORE CLERKS. It's also been experienced that these same Pheromones cause a pathological need to hide these fabric purchases when taken home (or at least blend them into the existing stash), and when asked by significant other if the fabric is new, the reply is "I've had it for awhile."

ont guild members' contributions to them! Our newsletter and guild are only as good as

Federal Way 11 times per year.

sill3 lliC Send material by email or call: Published by Crazy Quilters of

## SUABAHT



- Provide a source of inspiration and fellowship for quilt those areas; and
- making and related arts, and encourage excellence in
- Provide an information base for those interested in quilt appreciation;
  - Preserve the heritage of quilt making and quilt deneral public;
- lectures, and exhibitions offered to members and the Promote the art of quilting and quilt making by workshops,
- The four-fold purpose of Crazy Quilters is to:



**Threads Crazy Quilters of Federal Way** P.O. Box 3002 Federal Way, WA 98063