



QUILT GUILD BY THE SEA NEWSLETTER

April 2021

VOLUME 11, ISSUE 4

April 13, 2021

Guild Meeting

- **Program:** Helen Godden "10 Top Art Techniques"
Meeting Time is from **7:00 PM - 9:00 PM**
- Hot Seat Poker

**SAVE THESE DATES
"SEW HAPPY HOUR"**



We have scheduled "Sew Happy Hours" in 2021. Join us on **April 14th and April 28th from 4:00—5:30 PM** via Zoom.

This happy hour will be specifically for hand work and socializing; everyone is welcome to join in.

Guild Address:

Quilt Guild by the Sea
PO Box 64
Boca Raton, FL 33429

**Meeting Place: Zoom
until further notice**

President Letter

Dear Guild Members,

Happy Spring. I always think of Spring as a new beginning and in some ways this year is becoming a good example of this. Many of us have gotten our vaccination and we are looking forward to having more freedom this summer. We are reminded, daily, to still be cautious; we're not out of the woods yet. We are all hoping that this is the beginning of getting back to "normal".

I'm really getting excited about our guest speaker on **April 13th**. A year ago, who would have thought that our speaker would be coming to us all the way from Australia without leaving her home. Don't forget that for this special meeting our meeting time is from **7:00 PM - 9:00 PM** instead of our usual 10:00 AM. **Mark your calendars.** This is also a great time to invite a friend to join this meeting as a guest. The cost is only \$10:00 paid in advance.

Have you started your **Word to the Wise** challenge? So many ideas have gone through my thoughts and if I'm not careful October will be here sooner than later. Our many talented quilters will make it an exciting show.

Sew Happy Hour has been such fun. We're getting to know guild members better than ever before. There is just not enough time for this at the guild meetings. Come join us with your hand sewing or some other project. The next Sew Happy Hour is scheduled for **April 14th via Zoom.**

Some of us met on March 24 to turn in finished Comfort quilts, hats, QOV quilts, Fidget quilts, and Comfort Bears. I am so proud to belong to this guild that is so caring and sharing. Thank you all for doing all that you can. The next meeting at the Boca Community Center parking lot will be May 12th at 11:00 AM.

Don't forget to register for the Guild Meeting April 13. Thanks, Ann, for always being there when you are needed.

See you on the Zoom meeting and hopefully on the Sew Happy Hour. There is a lot more information in the newsletter, so take the time to check it all out. Thanks to Deb there are many things of interest.

Stay healthy and safe until we meet again.

Pat Lynes



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THE 2021 QUILT CHALLENGE
"WORDS TO THE WISE"



Make a wall quilt using a phrase, quotation or meaningful words as your inspiration. **The wording must be readable on the front of the quilt, in any size.** Pre-printed commercial fabric cannot be used for the inspiration wording.

All quilting techniques and surface embellishments are allowed: piecing, appliqué, embroidery, painting, foiling, beading, free-motion, etc. It's YOUR quilt!

Size: No smaller than 18x18" (or a 72" perimeter) and no larger than 24"x24" (or a 96" perimeter). Any shape is acceptable within the perimeter measurements. A hanging sleeve will be required if we are having a live meeting.

Due date: October 12, 2021 General Meeting. If the meeting is live, bring your quilt. If the meeting is via Zoom, Deb Shoemaker will need your quilt photos one week prior to the meeting.

Details: One entry per member. There will be a prize for Viewer's Choice and a prize by random drawing from among all participants. The same member cannot receive both prizes.

Some thoughts: Your inspiration can come from a statement by a famous person, from a book or movie title, from your quilting passion or from those things your mother taught you. Put on your thinking cap and have fun with it!

Questions? Email Marcia Degner at msdegner@gmail.com.

HOT SEAT POKER

Make sure you stay until the end of the meeting to play Hot Seat Poker.



Two lucky winners receive a \$25.00 Gift Certificate from one of the quilt shops or longarmers advertising with us. Your choice!

March's lucky winners:

- Diane Provost

CARING HEARTS



- We are saddened to announce the death of one of our fellow quilters, Betty Surman. Our condolences and prayers are sent to Betty's husband and family.

Caring Hearts is an on-going part of our newsletter. Any information to be included in this portion of the newsletter should be emailed to: DebShoemaker22@.com.

WELCOME TO NEW MEMBERS:

- Karli Klemm

UPCOMING PROGRAM HIGHLIGHTS:

April 13, 2021

Program: Helen Godden "10 Top Art Techniques"

REMINDER: TIME CHANGE: 7:00 PM—9 PM

GUEST FEE: \$10.00



2021 ANNUAL

MEMBERSHIP DUES



'MEMBERSHIP HAS ITS
PRIVILEGES'

Membership dues have been lowered for 2021 to \$36.00.

Please note that as a not-for-profit organization, we **can** accept donations. So, feel free to pay whatever you would like - but no less than \$36.

Paid members of the QGbtS are eligible to:

- participate in Guild programs
- participate in workshops
- receive monthly newsletter
- place ads in the classifieds.
- Dues may be paid by credit card or PayPal on the Guild's website: QuiltGuildbytheSea.com or checks may be sent to the PO Box.
- Dues are non-refundable.

For further information contact:

Ellen Birnbaum by
emailtwinee38@gmail.com

"THE FRANK MCGEE MEMORIAL QOV WORKSHOP"

The QOV Workshops

Due to self-isolation and social distancing, the next date for the QOV Workshop is undetermined. We will notify you when we can restart our program.



∴ quilt of valor ∴

Nominate a Veteran

Do you know a deserving Veteran that was touched by war? It is time to nominate them. We are hoping to restart our Quilts of Valor awards in 2021 and we have many quilts available right now to present. Reserve one for a family member, a friend, a colleague, a neighbor, etc...or tell them how to nominate themselves.

It's easy to nominate a Veteran in 4 easy steps:

- Sign in to **QOVF.org**
- Click the red rectangle in the center of the page
- Read the Eligibility and Mission of Quilts of Valor
- Click and fill out the form

In the comments area, please write that you wish to have this quilt request going to Quilt Guild by the Sea.

QOVF ON AMAZONSMILE

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from over one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to bookmark smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

QOV:

- As of March 30, 2021 20 QOV quilts have been completed year-to-date.
- A pick-up for QOV kits has been scheduled on **Wednesday, May 12th at 11:00 AM** at the Boca Raton Community Center. Please keep all completed QOV quilt tops until Diane Provost's return to Florida in August.

QOV PRESENTATION:

On behalf of QGBTS, a QOV was awarded to Army Special Forces veteran John Truman Gilio.



QOV PRESENTATION:

Alvin Putterman, a WWII veteran was awarded a Quilt of Valor on his 95th birthday with his daughter and son and their spouses present.

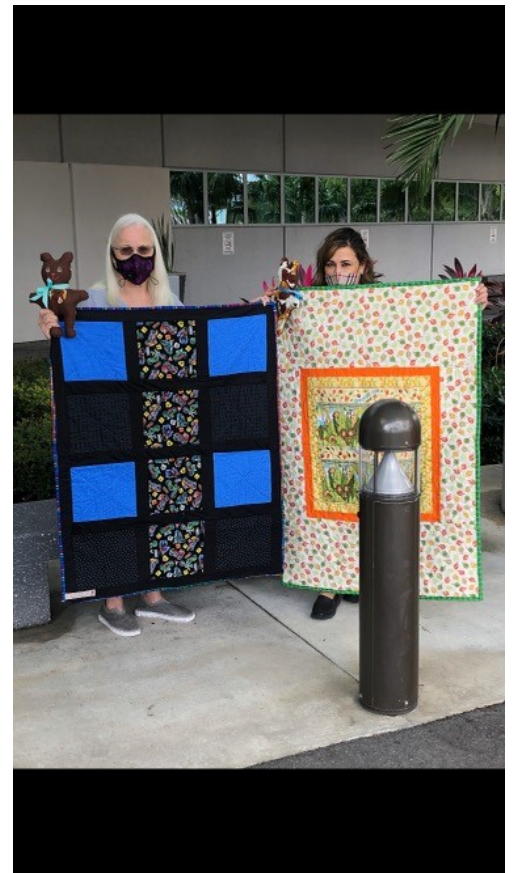


COMFORT QUILTS

- Due to self-isolation and social distancing, the next date for the Comfort Quilt Workshop is undetermined. We will notify you when we can restart our program.
- Year-to-Date 119 Comfort Quilts have been completed.
- A pick-up and drop off date has been scheduled for QGbtS QOV and all Outreach programs. Meet Rochelle Staiano, Linda Eddy, Janet Fredricks, Janet Copens, and Ellen Heckler on **Wednesday, May 12th at 11:00 AM** at the Boca Raton Community Center.
- Ten (10) Comfort Quilts were delivered to Delray Trauma Unit; the recipients were mostly children.
- Keep making Comfort Quilts, Hats and Isolette Covers ... they are much appreciated!
- **Needed: Men's and teenage boy/boy Comfort quilts.**
- Juvenile Comfort Quilts are needed in Trauma Centers. Crib size is suggested.
- Novelty and juvenile fabrics are needed as well as 2 yard measures of fabric for backings.

Comfort quilt size specifications are:

- ♦ a minimum of **38 - 42" wide**, and a minimum of **48 - 54"** in length. If you are using your own backing and batting and are doing your own quilting, feel free to make them wider and/or longer.
- ♦ Quilt tops should be 40" wide so that we can use one width of fabric and do not have to piece the backs.
- The size of the NICU coverlets quilts is 36" X 36".



COMFORT QUILTS

For Knitters and Crocheters: Knit and Crocheted Caps have been well received. Additional caps have been requested.

- Contact: Janet Fredricks [954-242-9010](tel:954-242-9010) or email quilthoney@aol.com with any questions.



MASKS

- Additional masks, any type and all sizes. If anyone would like to contribute, masks are needed in trauma as well as the ER.
- If you need elastic please contact Linda Eddy (561)376—3996.
- Contact Linda Bouvier at (561) 498—9777 for additional mask information.

COMFORT BEARS:

- Due to self-isolation and social distancing, the next date for the Comfort Bears Workshop is undetermined. We will notify you when we can restart our program.
- Thirteen (13) Comfort Bears were delivered to the Delray Trauma and thirty -one (31) to Women in Distress during the month of March.
- Thank you again Diane Moss for taking the lead in Bear making efforts for the month of March.
- A pick-up and drop off date has been scheduled for QGbtS QOV and all Outreach programs. Meet Rochelle Staiano, Linda Eddy, Janet Fredricks, Janet Copens, and Ellen Heckler on **Wednesday May 12 at 11:00 AM** at the Boca Raton Community Center.
- More Bears are needed and greatly appreciated!
- Comfort Bear kits complete with paper pattern, fabric, and ready-to-sew-on bear faces are available. This is a quick and easy project that will make a child smile. **Please do not fringe corduroy bears — they shred!!**
- Pattern and instruction for the Bear and Mask can be found on the QGbtS website.



FIDGET QUILTS:

- Due to self-isolation and social distancing, the next date for the Fidget Quilts Workshop is undetermined. We will notify you when we can restart our program.
- Twenty-three (23) Fidget Quilts were delivered to Manner Care in Delray this month.
- Eleven (11) Fidget Quilts were collected during the March Pick-up and Drop-off event at the Boca Community Center.
- **Join the Fidget Challenge!** It's as simple as creating 1 Fidget quilt per month.
- The demand for Fidget Quilts is higher than we are able to meet. Think about using a UFO or some unfinished projects and turning them into Fidgets!
- Fidget Quilts are needed for children as well.
- **Needed: Embellishments, knick-knacks, and any other fun objects to create Fidget quilts! Please contact Ellen Heckler if you have anything to donate.**
- A pick-up and drop off date has been scheduled for QGbtS QOV and all Outreach programs. Meet Rochelle Staiano, Linda Eddy, Janet Fredricks, Janet Copens, and Ellen Heckler on **Wednesday, May 12th at 11:00 AM** at the Boca Raton Community Center.



For additional information, please contact Ellen Heckler (561-245-8280) or by email Ellen.Heckler@gmail.com



OUTREACH PICK-UP AND DROP-OFF GALLERY—MARCH





SHOW 'N TELL—May

Sharing a "QQ" Show 'N Tell quilt is easy:

- Take pictures of any entries you wish to submit on your phone.
- There is a limit of 4 quilt submissions.
- Please include your name, the name of your quilt, and your inspiration, if you wish, to the body of the email or text if you would like it included in the newsletter.
- Send your picture(s) to Deb via Email at debshoemaker22@gmail.com or text to 954-629-1720.
- The deadline for all pictures is **no later April 27**



SAVE THE DATE

May 12, 2021

QOV AND OUTREACH PROGRAM DROP OFF AND PICK-UP

A pick-up and drop off date has been scheduled for QGbtS QOV and all Outreach programs. Meet Rochelle Staiano, Linda Eddy, Janet Fredricks, Janet Copens, and Ellen Heckler on **Wednesday, May 12 at 11:00 AM** at the Boca Raton Community Center.



Watch this fascinating video called "The Secret Life of The Sewing Machine". <https://youtube/8lwI4TSKM3Y>

Submitted
by Ann Ford



Fidget Sleeves Reduce Stress for Dementia Patients

By **Jessica Bennett**, February 24, 2021
This article originally appeared on Better Homes & Gardens

Although stitching together something cozy for yourself is certainly a lovely way to pass the time, a crochet project that helps others is even more gratifying. And these soothing sleeves may be our new favorite way to use handicraft skills to lend a hand. Fidget sleeves, also called twiddle muffs or cannula sleeves, are crocheted arm cuffs that can help reduce stress for people prone to anxiety and fidgeting, like those living with dementia. Knitters and crocheters are stitching them up to donate to local hospitals, hospices, and other care facilities.

Restlessness and agitation are common behaviors for those with Alzheimer's disease and other types of dementia, and having something to occupy their hands can help soothe their distress. That's where fidget sleeves come in. Decorated with beads, buttons, or crocheted decorations, the cuffs provide a stimulation activity for restless hands while protecting patients' arms from picking or scratching. The sleeves can also be made to reach farther up the arm in order to cover and protect the entry point of an IV tube or cannula. These sensory sleeves may also be helpful for individuals with autism or kids who struggle to sit still. Completely customizable, the muffs can be crocheted to any size and with any decorations desired.

One UK woman started a Facebook group called Handmade for Dementia that gathers knitters together to make fidget sleeves and other comfort items for local hospitals. The items are risk-assessed for choking hazards and other concerns before being donated.

If you know someone who could benefit from one of these sleeves, there are several Etsy sellers who offer custom cuffs with a variety of yarn colors and embellishments. If you're a knitter or crocheter yourself, you can DIY a fidget sleeve using this pattern from the Alzheimer Society of Canada. (Bonus: The project is perfect for using up scrap yarn and extra baubles!)

To find out where to donate your crocheted fidget sleeve, start by contacting local senior living facilities and hospitals to see if they'll accept fidget sleeves for dementia patients. Your needle skills could make someone's life much more comfortable.



Courtesy of Dchstrust Walton Hospital

DO YOU USE A THIMBLE?

If you use a thimble, please submit a picture for next month's special thimble feature in our newsletter.

If your thimble happens to be vintage/antique, please let us know and if you recall any details about it, some information would be wonderful.

All information should be sent to Deb Shoemaker via email:
debshoemaker22@gmail.com





The Frank C. Ortis Art Gallery & Exhibit Hall

To the leadership committee of Quilt Guild by the Sea,

I curate an art gallery in South Florida called 'The Frank' for the City of Pembroke Pines, Florida. I have an exhibition opening in July 2021 that I would love to have you involved with: *Warp & Weft*. This exhibition examines contemporary artists working in the realm of textile and fiber arts who maintain a strict focus on superlative technique while demonstrating a calculated penchant for upending the conventional in their medium.

At The Frank, we have an mezzanine exhibition space called 'The Third Space Gallery' that is dedicated to showcasing the works of significant South Florida organizations, arts entities and nonprofits. This space shines a light on the local creatives that define the potential and direction of our thriving South Florida artistic community. I am seeking a small selection of quilted works to display in The Frank's Third Space Gallery, and your organization would be a perfect fit for this.

Important Dates (subject to change)

Artwork arrives: 06/28/2021 through 06/30/2021

Installation: 07/01/2021

Opening Reception: 07/15/2021

Closing: 10/16/2021

Artwork Pickup: 10/21/2021 through 10/23/2021

I would love to set up a socially distanced gallery visit, Zoom studio visit or phone call with you to discuss the exhibition further and to review your members' available work. Please let me know of your guild's interest in exhibiting.

Thank you,

Taryn

Taryn Möller Nicoll

Chief Curator

The Frank C. Ortis

Art Gallery & Exhibit Hall

City of Pembroke Pines

Phone: 954.392.2129

Email: tnicoll@ppines.com

www.thefrankgallery.org

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Show 'n Tell— MARCH



Amy Chiera

SHOW 'N TELL—MARCH



Diane Provost



Linda Bouvier

SHOW 'N TELL—MARCH



Marie Christine Leavitt



Marie Christine Leavitt

Show 'n Tell— MARCH

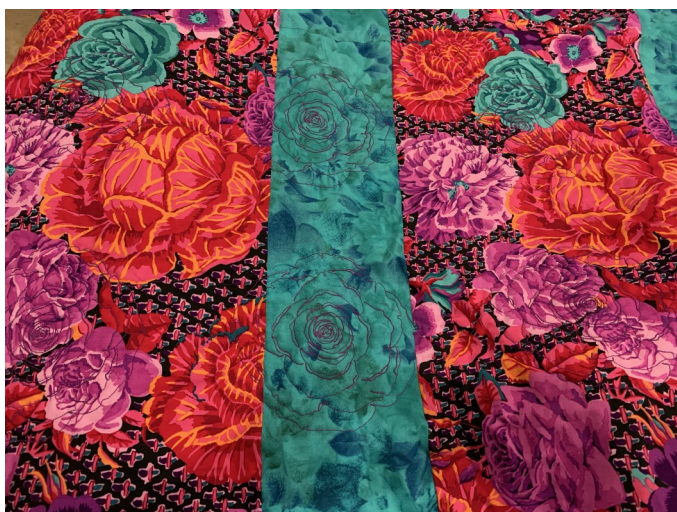


Marie Christine Leavitt



Linda Eddy

Show 'n Tell— MARCH



Kristina Kristol

WILD AND WACKY HOLIDAYS IN APRIL

- April 1: April Fools
- April 4: Easter
- April 7: National Handmade Day
- April 13: Scrabble Day
- April 14: National Gardening Day
- April 15: World Art Day
- April 16: National Wear Your Pajamas To Work Day
- April 19: Bicycle Day
- April 21: National Bookmobile Day
- April 22: National Jelly Bean Day
- April 23: English Muffin Day
- April 25: Pinhole Photography Day
- April 26: Audubon Day
- April 27: National Little Pampered Dog Day
- April 29: Zipper Day
- April 30: Adopt A Shelter Pet Day





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