

## DECEMBER 12, 2017

Guild Meeting

- Introduction of New Officers
- Parade of Holiday Quilts
- Presentation of New Programs
- "What was I thinking" Sale
- Fat Quarter: Party (New Years, Birthdays, etc.)
- "Golden Glitter" Raffle Drawing
- 50/50 Raffle
- Name Tag Drawing

VOLUNTEERS NEEDED


QGbtS is in need of volunteers for the following positions:

- Comfort Bears Face-maker
- Longarm Quilters
- Webmaster


## Guild Address:

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

## PRESIDENT'S LETTER

To my QGbtS Quilting friends,
Although our Guild is only 7 years old, our membership has grown to 128, and counting! We continue to be a strong and vibrant organization because of your strong commitment to make our guild the best it can be. This means serving on the Board, attending meetings and workshops, participating in our many committees, and finding new and meaningful ways to serve our community. Of course, our Guild is where we can learn something new, share our love of fabrics, and even inspire each other. But most importantly, it has become a wonderful community of quilting friends, old and new.
I enjoyed serving the last two years as president of QGbtS and would like to thank my wonderful Board members who made my job so easy!! In 2018, I will chair the Programs Committee along with Marcia Degner and Rochelle Staiano. We are busy planning a year of informative and fun meetings and hope you will mark your calendars and plan to join us each month!!
Here's hoping you will be a part of our "What Was I thinking Sale" on December $\mathbf{1 2}^{\text {th }}$ ! See this newsletter for details on how to participate. It should be lots of fun, and hopefully we will all find something we "need"!

See you there!
Suzanne

## DON'T FORGET

## PARADE OF HOLIDAY QUILTS

Don't forget to bring your favorite holiday quilt to the guild meeting on December 12th.

Show off your quilt and join the parade!


May your holiday seasan be decorated... with love and happiness!


|  | QUILT GUILD BY THE SEA NEWSLETTER |
| :--- | :--- | :--- |
| Page 2 |  |

## QUILT GUILD BY THE SEA NEWSLETTER <br> Page 3

KXYXXYXXXYXYXXYXY

## Spring Camp 2018

## What's <br> Cooking

## Place, Dates and times:

Junior League of Boca Raton 261 NW 13th Street, Boca Raton, FL 33432
Wednesday March 14 from 9:30am to 9:00pm
Thursday March 15 from 9:00am to 4:00pm

Join QGBTS 5th Spring Camp. Everyone gets a gift and lots of fun memories!

## What to bring:

Your sewing machine with basic accessories, your sewing projects, and your lunch and drinks for both days.
All sewing machines, tools, fabrics can be left in the room Wednesday night.

## Cost:

$\$ 35.00$ per person. This includes your dinner on Wednesday night. Please check with us later and if this menu does not meet your special diet, you must bring your own dinner. There is a fridge and microwave for your convenience.

Mail your payment of $\$ 35.00$ after January 1st, NO EARLIER
To: Diane Paquin Provost
22600 Esplanada Circle W, Boca Raton, FI 33433
We will honor RSVPs in the order received AFTER the 1st of January 2018.
No refund after February 16, 2018.
Checks from members on the waiting list will be deposited only when space becomes available and after they confirm their attendance.

If you own a portable sewing table and will bring it, and/or if you plan on coming without a sewing machine for hand sewing only, please indicate it when sending your payment, this may open spaces for more members to attend.

Kenny, Lee, Linda F \& Diane
Your Spring Camp Committee


## QUILT GUILD BY THE SEA NEWSLETTER Page 5

## EVENT CALENDAR:

February 2-3, 2018

- Sun Coast Quilt Expo, Palmetto, FI.

February 13, 2018
Quilting Treasures Fabric Sale, Stitchcraft, 1 PM-3 PM

February 13, 2018
Guild Meeting

- Program: How Fabric is Made by Quilting Treasures
- 50/50 Raffle


## February 14, 2018

- Sweatshirt Design Workshop by Pat Lynes

February 16-18, 2018

- Gathering of Quilts, Charlotte Harbor Event \& Conference Center, Punta Gorda, FI

February 23-24, 2018

- Stitches in Time Quilt Show, New Hope Ministries, Naples FI.


## February 23-25, 2018

- West Pasco Quilters' Guild Quilt Show, New Port Richey Recreation \& Aquatic Center, New Port Richey, FI.


## UPCOMING WORKSHOPS:

## Scrappy Quilt Workshop by Tinya Riucci

Date: April 11, 2018
Location: Grace Community Church, Music Room
Time: 10 AM—4 PM
Member Fee: $\$ 40.00$
Non Member Fee: \$50.00

## Modern Quilt Workshop by Debbie Krajkowski

Date: May 9, 2018
Location: Grace Community Church, Music Room
Time: 10 AM—4 PM
Member Fee: $\$ 40.00$
Non Member Fee: \$50.00

## Sew Together Bag Workshop by Suzanne McGee and Jean DeFrances

Date: June 13, 2018
Location: Grace Community Church, Music Room
Time: 10 AM—4 PM
Member Fee: $\$ 30.00$
Non Member Fee: \$40.00

Workshop Policies: Payments for workshops must be received at the time of sign-up. Workshop fees are refundable up to 5 days prior

## EVENT CALENDAR:

## February 23-24, 2018

- Seaside Piecemakers Quilt Show, Wickham Park Community Center, Melbourne, FI.


## February 23-24, 2018

- "FAN"tastic Quilt Show, Lake Receptions, Mt Dora FI.

February 27, 2018

- Board of Directors Meeting

February 28-March 3, 2018

- AQS Quilt Week, Ocean Center, Daytona Beach, FI.


## March 9-10, 2018

- "Razzle Dazzle" Quilt Show, New Smyrna Beach, FI.


## March 10-11, 2018

- Quilting By the Gulf Quilt Show, Venice, FI.


## March 12, 2018

- Crayon/Embroidery Workshop by Julie Miller, Crabapple Hill


## March 13, 2018

Guild Meeting

- Program: Social Media"Where to Click" by Johanna Felberman
- 50/50 Raffle


## "THE FRANK MCGEE MEMORIAL QOV WORKSHOP"

## QUILTS OF VALOR

Upcoming QOV Workshops:
December 19, 2017 from 9:30 AM-3:00 PM Grace Community church in the Music Room


Thanks to the generous participation of our members, we are producing a remarkable amount of quilts for our veterans. We would like to thank everyone who is doing her share, whether you are sewing at home or at the workshop, whether you are sewing stars, sewing strips, assembling tops, making pillow cases, binding, longarm quilting, etc..... Every little bit helps.
Bring your sewing machine with basic accessories, thread, and lunch. Precut kits/fabrics will be provided.
For those unable to attend the workshops, prepared kits are available to pick up at the workshops and guild meetings.
A huge THANK YOU for your participation.
For additional information, contact Diane Provost 561-409-3114, paquinprovost@gmail.com

## MEET YOUR QOV TEAM:

## Suzanne McGee - Star Producer

Suzanne cuts and prepares all the star kits that members pick up from the guild meetings to sew at home.

Mitzi Halliday - Top Manager
Mitzi brings the completed tops home to cut all the hanging threads and to press them ; she gets the tops ready for longarm quilting.

Alice Van Lennep - Backing Director
Alice cuts and sews the backings for the tops, she requests longarmers from the QOV Foundation and mails the tops/backings to the longarmers to be quilted. Alice is also a longarmer who quilts our QOVs.

Kathy Louderback, Linda Bouvier, Kristi Kristol \& Grace O'Donnell Awards Supervisors:
These Ladies organize all of the quilt Awards presentations, they contact the nominees, the venues to make it possible to honor our Veterans.

A sincere THANK YOU to our QOV team and to all of our guild members that participate in our QOV program by making stars, binding, making pillow cases, coming to our workshops etc....

Looking forward to make many more Quilts of Valor and to honor many more of our Veterans, Diane
Your Team Leader

## QUILT GUILD BY THE SEA NEWSLETTER

Page 7

EVENT CALENDAR:
March 14-March 15, 2018
Spring Camp "What's Cooking

March 15-17, 2018

- Lakeland Original Sewing and Quilt Expo, RP Funding Center, Lakeland FI.

April 10, 2018
Guild Meeting

- Program: How to Design a Scrappy Quilt by Tinya Riucci
- 50/50 Raffle


## April 11, 2018

- Scrappy Quilt Workshop by Tinya Riucci

May 8, 2018
Guild Meeting

- Program: What is a Modern Quilt by Debbie Krajkowski
- 50/50 Raffle


## May 9, 2018

- Modern Quilt Workshop by Debbie Krajkowski

June 12, 2018
Guild Meeting

- Program: Oh Sew Modern: Michelle and Melissa


## QOV PRESENTAION:

Four Veterans from the Delray Beach Hospital were awarded Quilts of Valor during a special breakfast for their military personnel. Thank you Linda, Kristi, Rochelle and Lisa.


## QOV PRESENTATION:

QOV quilts were awarded to Fred Jaca (in green) and Jim Anson (in black) during an Army Special Forces (Green Beret) Association event; both served in Vietnam.


## QOV PRESENTATION:

A Quilt of Valor was awarded to Rich Ewing, a Vietnam Veteran, E-4 Specialist for the Military Intelligence and was stationed in Danang.


## QUILT GUILD BY THE SEA NEWSLETTER <br> Page 8

## EVENT CALENDAR

September 12, 2018

- Paper Piecing Workshop by Diane Provost

October 9, 2018
Guild Meeting

- Program: Trunk Show by Dotty Levine
- 50/50 Raffle


## October 10, 2018

- Hand Applique Workshop by Dotty Levine

November 13, 2018,
Guild Meeting

- Guild Elections
- Program: Sarah Michaels Machine Applique Trunk Show
- 50/50 Raffle

November 14, 2018

- Machine Applique Workshop by Sarah Michaels


## QOV PRESENTATION:

A Quilt of Valor was awarded to David Oppenheimer, Navy WWII. "Uncle" David is a charming, very alert gentlemen of 95 . This presentation was a surprise for him.


## QOV PRESENTATION:

Robert "Bob" Brown QOV Presentation November 25, 2017 at his home in Jupiter, FL. He was in Vietnam in the late 60's; Marine Capt. Double Purple Heart and Bronze Star recipient. After returning home, during a business trip he was a passenger onboard TWA Flight 847, on June 14 1985, that was hijacked by terrorists and held hostage for 17 days. The story was fascinating.


## QOV PRESENTATION:

In a surprise presentation by Kathy Louderback, on November 18th, Mr Colopy, a 20 year army veteran, in conflicts including Panama, Gulf War, Granada, and Afghanistan, was awarded a Quilt of Valor. After retiring he continued service by working at Boeing Aircraft and was nominated not only for his military service but for his continuing work supporting veterans thru his work at the American Legion.


## QUILT GUILD BY THE SEA NEWSLETTER Page 9

## 

QOV PRESENTAION:
Kathy Louderback presented a Quilt of Valor to Captain Marion Hurley in Jupiter, Florida.


CARING HEARTS:
Our Guild members send prayers to Joan Cohn and her family. Joan's husband Irwin passed away on November 15th.
"Those we hold closest to our hearts never leave us. They live on in kindness they have shared and the love they brought into our lives."


## COMFORT QUILTS:

- Thank you to Janet Fredricks and Wanda Goldfarb for volunteering to assist Linda Eddy with Comfort Quilts.
- During the November workshop, 8 eight finished Comfort Quilts, 1 Fidget Quilt, and 1 Comfort Bar were collected.
- 14 Comfort quilts were delivered to the Lynn Cancer Center in November.
- New Comfort Quilts and kits will be available at the December Guild meeting. Please stop by the Comfort Quilt table!


## Comfort quilt size specifications are:

- a minimum of 38-42" wide, and a minimum of 48-54" in length.

The next Comfort Quilts workshop/cutting party is scheduled for December 27,
 2017. Kits to take home will be available at the Guild meeting. There is something for everyone to do!


## FIDGET QUILTS

- Thank you to Kathy Louderback for donating her Fat Quarter winnings to Fidget Quilts.
- The next Fidget workshop is scheduled for DECEMBER 27, 2017.
- Bags with supplies are available for anyone who would like to participate in making a Fidget quilt.

Any questions, please contact Linda Eddy: 561-376-3996 or
 email: eddylinda1007@yahoo.com

## HEART PILLOWS FOR BREAST CANCER

The Lincolnwood Bee has started making the heart pillows, pictured, for breast cancer patients and survivors. The pillow fits under the arm pit and eases the pain of lymph node surgery.

Anyone interested in joining us, our next meeting will be on Friday, December 15, 2017. Please join us.


## IT'S A BEE!!!

## Lincolnwood Bee:

Meets 1st and 3rd Friday of the month at 10:00 AM-3:00 PM at Lincolnwood Clubhouse. The 1st Friday is an "open sewing" bee and the 3rd Friday will be a "Charity" day.

Any questions, please call Sarah at 561-620-2856.




## INVITATION EXTENDED TO QGbtS MEMBERSHIP

## JAN KRENTZ'S "ONE BLOCK WONDER" WORKSHOP JANUARY 17 \& 18, 2018

Jan Krentz is best known for her work in 8-pointed Lone Stars and related patterns. This workshop features Jan's decades-long quilt making expertise and clever construction techniques for the popular stack-cut "One Block Wonder" and "Stack ' $n$ ' Whack" quilts.
The quilt was created by layering six identical 24" repeats of one printed fabric (Harajuku Lady by Alexander Henry), cutting through all the layers to create identical stacks of equilateral $60^{\circ}$ triangles. A second fabric was used to create a narrow black fabric trim embellishment border to separate the pieced center from the (3rd fabric) outside border.


The "One Block Wonder" two-day workshop will be held at the Boca Raton Community Center on January $17 \& 18$. The fee for the two-day workshop is $\$ 100$. Those interested can contact Carol Stoltenberg:

Email: carolstolt@outlook.com
Cell Phone: 561-239-4729
Home Phone: 561-470-5470


## QUILT GUILD BY THE SEA NEWSLETTER

Page 15

## 

SHOW 'N TELL-NOVEMBER


## QUILT GUILD BY THE SEA NEWSLETTER

Page 16

## Now

## SHOW 'N TELL-NOVEMBER



QUILT GUILD BY THE SEA NEWSLETTER Page 17


EMBROIDERY TRUNK SHOW BY JENNIFER LEE, RED THREAD STUDIO


## BASTING WITH GLUE, Courtesy of Quilting Board

There are several types of glue available for basting. Some of them are formulated especially for the quilting industry and some of them are manufactured for other uses. There are advantages and disadvantage to each that I will discuss in the paragraphs below. With the use of these products thread basting is eliminated.

## Roxanne's Glue-Baste-It!

Roxanne's Glue Baste-It! comes in a small bottle with a long neck applicator so a small dot of glue can be placed on the fabric. The instructions recommend a small controlled dot of glue be placed $1 / 2^{\prime \prime}$ from raw edges of fabric. It will hold firmly until fabric is wetted. Once your appliqué project is glue basted you will be able to stitch needle turn appliqué quickly.

## Glue Stick

Acid free glue stick is available in the school supply section of most variety stores. Glue sticks are priced very reasonable. These are put up in a plastic tube that is similar to lipstick. There are several brands available. You will have to experiment and decide which brands you prefer. Be sure to buy a brand that is washable.

Some glue sticks say they are permanent yet washable. In this case the permanent refers to using them in scrap booking or other paper uses. If you use them on fabric and the glue is washable, it will wash out of your quilting or appliqué project even after it is dry.

A swipe of the glue stick on the fabric or freezer paper will hold the fabric in place until it is wet.
Store your glue sticks in the refrigerator, preferably in an airtight container or a zipper seal bag. When one glue stick gets gooey from use, place it back in the refrigerator and use another glue stick that is cold. Continue to rotate the glue sticks until you have finished basting your project.

I prefer glue stick that is white and dries white. Some glue sticks are purple but dry clear. Many quilters use this product but I prefer not to risk having some of the purple color remain in my fabric after glue basting.

## Elmer's School Glue

School glue is water based and washes out completely. It is available at most variety stores and now there are even applicator lids that can be purchased that are compatible with the school glue bottles.

## Aerosol Sprays

Temporary Adhesive Spray is available in an aerosol spray can. Temporary adhesive spray is repositionable and will disappear leaving no residue after 2-5 days. This type of spray should be used if you are going to work on your project within a few days.

Basting Spray holds indefinitely until it is washed out. It needs to be washed to completely disappear. The aerosol sprays can be messy to use; when applying them there will be an "over spray". You either need to protect your spraying surface or you will need to do some clean up when you are finished basting. Most basting sprays clean up with soap and water.

Whatever product you choose, you will need to wash the glue out of your final project. When I finish an appliqué block, I usually soak the finished block in a small basin of warm soapy water. In a few minutes the glue has softened and the block is ready to be rinsed and hung to dry.

## Fusible Interfacing For Piecing

Watercolor artists have been using fusible interfacing to assist in piecing for several years. Fusible interfacing is available with a one-inch or two-inch printed grid depending on the brand you purchase. This grid interfacing is available at fabric stores, superstores, and your local quilt shop. If you buy preprinted interfacing you won't have to draw the grid yourself.

## QUILT GUILD BY THE SEA NEWSLETTER <br> Page 19

If you cannot find interfacing with the grid you can make your own by using your acrylic ruler and a permanent marker or a ball point pen -- anything that will write clearly on the interfacing.

This interfacing is the grid printed on the non fusible side. Sometimes if you are working on a dark surface the printed lines do not show through adequately. A good way to overcome this would be to place a large sheet of white paper under your fusible grid. Also, remember if you are drawing your own grid you will also want to draw on the non fusible side.

To design your watercolor, the fusible grid interfacing is placed fusible side up on the table. The watercolor fabric squares are placed in a pleasing manner. When the design is completed, slip a bath towel under the interfacing and iron right on the table to tack the fabric pieces in place. Once the pieces are tacked, you may then move your piece to the ironing board for a more complete fusing.

The printed interfacing grid is already printed in one inch or two inch increments. That being the case you will want to cut your watercolor squares slightly smaller or a scant two inches. Once the fabric is fused it will be easier to fold the fabric to stitch.

## Sewing the grid

The interfacing backing with the fabric pieces are then folded with the fabric right sides together and stitched on the machine. After stitching all seams in one direction, the seam allowances are clipped where the fabric butts together. Then the fabric is folded, again with right sides together, and the squares are stitched together in the opposite direction.

One drawback of using fusible interfacing that I have noted is fusible interfacing has a directional stretch that will make your piece slightly rectangular. On a fairly large piece you will find a square is not square but slightly rectangular. I simply made adjustments in the borders ...

The interfacing is left in the project permanently so it would definitely need to be machine quilted and not hand quilted. There is a stiffness left by the fusible glue and the additional layer of interfacing but if you are simply making a wall quilt the extra stiffness wouldn't be significant.

Another watercolor landscape artist uses tear away stabilizer for the same purpose. Tear away is not marked with a grid but can be easily marked with your acrylic ruler and a ball point pen. The theory is the same. You mark your grid -- she recommends $21 / 4^{\prime \prime}$ and cutting fabric squares at 2 ". Because the tear away is not fusible you will need to use acid free glue stick -- the kind used for paper -- to glue the squares down.

You don't need a lot of glue for this process. Simply swipe the glue stick along the stabilizer and place your squares. If you need to iron your squares it will be OK. The heat from the iron won't hurt the glue or fabric.

These squares on the tear away stabilizer are folded and stitched in the same way as with the fusible. Stitch with a short stitch -- about half of what you would usually piece with. This will help in tearing the stabilizer away. After sewing all seams in one direction the stabilizer is removed from the seam allowance only. The project is refolded and the opposite direction and the rows are stitched. Again tear away the stabilizer in the seam allowance but leave the stabilizer in the main part of the quilt until the borders are added. Then tear away the remaining stabilizer behind the squares. Any small amount of glue residue on the fabric will wash out the first time your project is laundered.

Recently some new patterns and booklets were released using a quilter's grid printed on point. They contain instructions to piece nine patch or other simple patterns using a fusible interfacing grid. Again you do not remove the fusible interfacing and would have the bulk and thickness remaining. This concept might be useful for some patterns. Most of the patterns presented looked simple enough to piece without drawing a grid on the interfacing and having that extra step.

The tear away stabilizer method has some real possibilities as it can be torn away and would not be left in the quilt. When fusible interfacing remains in the project it would affect the softness and drape of the quilt.

## DIFFERENT SIZE BLOCKS Courtesy of Quilting Board

What to do when you have different size blocks. No matter how carefully you piece there are always slight variations that occur when machine piecing. Sometimes it is simply a factor of using a different machine or a different presser foot. Sometimes you are assembling blocks that were stitched by different individuals. Usually these blocks will have more variations than when they are all stitched by one person. But whatever the cause having the blocks not all exactly the same size can be irritating.

First, measure all the blocks and then decide what you are going to do about the differences in sizes. If there is a very small amount of variation such as $1 / 8$ " you might find that you can simply stretch and ease the blocks to fit together. While the blocks could be trimmed to the same size sometimes that is not a workable solution because then you would be trimming off your points from your piecing.

When trimming is not an option, you will need to add coping strips. Coping strips are simply strips of fabric that help you cope with the problem of different size blocks. Coping strips are added to all four sides of the block and then pressed. The block is then trimmed to a specific size usually a few inches larger than the original block. For most coping strips you might begin with a two inch strip. Simply stitch a strip to each side of the block and then stitch a strip to the top and bottom. Press the blocks with seam allowances toward the coping strips. Place the new block with coping strips on the cutting mat and trim all blocks to a new uniform size. You will find a square acrylic ruler is very helpful for this procedure. When the newly resized blocks are combined in a quilt the variance of the width of coping strips is usually not noticeable. This is a very good way to make all your blocks a uniform size for placing in your settings. Try this method of coping with the problem of different sized blocks -- use coping strips.

## Putting Colors Together For Your Quilt And The Value Of Value

Sometime quilters feel they need a little help putting colors together. We think color theory is a science that we don't fully understand. There are many books available about color; some of them are quite extensive. Learning color theory does not make it easier to choose fabric for a quilt. There are some basic things to help a quilter improve her color selection that are very simple.

The easiest way to choose colors is to start with a multicolored fabric. It could be a floral or geometric multicolored print. Notice the little colored dots along the selvage. These are the colors that are in the fabric. Simply take those dots and find fabric that matches; don't want to overmatch -- so choose fabrics that are the same colors as the dots but are of a lighter or darker value. You may find after you finish choosing colors that you don't even use the print you began with but you had a starting point.

When we are studying color we tend to look at all the colors on the color wheel and get overwhelmed. While color is important the reality, in quilt making is that value is really more important than color. You need value difference in your quilt -- value is light fabric, medium fabric and dark fabric. You need all three for the quilt to show contrast.

I once saw a wall quilt that was made from a navy blue print which you would think was a dark fabric, with it was a deep pink solid. The colors worked together because the deep pink was printed in a portion of the navy print. You would expect there was enough color change from the navy to the deep pink. Although the quilt was beautifully executed and hand quilted, it lacked something. As soon as a crystal vase was placed on the table in front of the quilt it came to life; the crystal vase was the light value necessary to make the quilt look good ... If a light value fabric had been used in the quilt it would have had value difference and the colors chosen would be secondary.
"Blended Quilts" have also become popular. These quilts use many busy floral fabrics of medium value. The fabrics tend to "mush" together and while the quilts may be beautiful, the individual fabrics and value differences are not noted. This type of quilt is made to be a certain style and while it is not "wrong" it definitely does not show large value differences. If you wish this type of quilt that is fine but if you are expecting your piecing to show different areas of the quilt you will need to place fabrics of different values in individual areas of the quilt.

When choosing fabric place the bolts in a pile, step back, and look at the colors from a distance. If you are nearsighted, simply take off your glasses and the fabrics will appear like you are at a distance. If all the fabrics look the same from a distance, they are of similar value and there might not be enough contrast in the quilt. Replace some of them for lighter and darker value colors and check again. Not only are you looking for color coordination but you are looking for value difference.

December 1: Eat a Red Apple Day
December 4: National Cookie Day
December 7: Letter Writing Day
December 7: Pearl Harbor Remembrance Day
December 8: Pretend to be a Time Traveler Day December 10: Jane Addams Day
December 11: International Mountain Day
December 12: Hanukkah begins
December 12: Gingerbread House Day
December 16: Chocolate Covered Anything
December 19: Ugly Sweater Day
December 20: National Sangria Day December 21: Winter Solstice December 24: Eggnog Day December 25: Christmas Day December 26: Thank You Note Day December 30: National Bacon Day December 31: New Years Eve



Cookie Eating Rules

1. A cookie talien fresh from the oven hass no calories, it is a test and thus calonie-if 2. Drinking a diet soda wis cancels out the calories.
2. Cookie dough has no calories, after al the cooldies haven't been baked yet! they aren't a whole cookle.
3. There are no calories on a cookle you take off someone else's plate - the calories are left behind.
4. Cookles eaten while exercising have no calories - the calories are canceled out by Cookiex eate
Coblories - thon while under stress have no The cookie bey are medicinal.
5. The cookie baker makes the rules!


