



QUILT GUILD BY THE SEA NEWSLETTER

February 2016

VOLUME 6, ISSUE 2

FEBRUARY 9, 2016 GUILD MEETING

Program:

- Thread Presentation by Kathy Ward
- Show `n Tell
- 50/50 Raffle
- Fat Quarter: Red & White
- Red Shirt drawing

PRESIDENT'S LETTER

Well, there was "standing room only" as Johanna Felberbaum gave us a sneak preview into which new fabrics and notions will be popular this year. She also gave us a lot of statistics to prove that we are not alone in our addiction to fabric and the latest sewing machines and gadgets!!

It was a very busy and productive meeting as members signed in (80 members present!!), paid their \$5 dues for QOV Foundation (40+), participated in our 50/50 drawing, brought in Comfort and QOV quilts, bought tickets for the Donation Quilt, and signed up for various workshops! You are the reason that our guild is so very strong and active!! What a dynamic group of quilters! You should be so very proud.

Please mark your calendar now for our next membership meeting which will be held on Tuesday, February 9th and will feature a presentation by thread expert, Kathy Ward. She will also lead a workshop using various types of threads from 1:00 PM until 4 pm right after the meeting. We plan to continue our *Sweet New Year* theme, so be ready for prizes and surprises! And, this time the microphone really will work, so it should make it easier for everyone to hear!

Looking forward to seeing you February 9th! We can't wait to see you!

Suzanne



VOLUNTEERS NEEDED

QGbTS is in need of volunteers for the following positions:

- Local Longarm Quilters
- Webmaster

VALENTINE'S DAY

RED SHIRT

DRAWING

Wear a red T-shirt to the February 9th guild meeting and be eligible for a PRIZE!



CURRENT OFFICERS:

President:

Suzanne McGee
(201-207-7300)
sfmcgee@myacc.net

Vice President:

Lee Hasse (561-392-6866)
lmhasse@hotmail.com

Treasurer:

Marie-Christine Leavitt

Secretary:

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(561-613-5264)
MelindaSchwartz83@gmail.com

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Ellen.Heckler@gmail.com

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DebShoemaker22@gmail.com

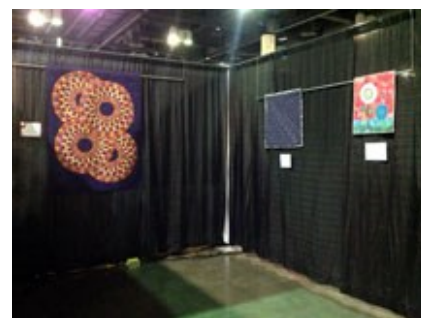
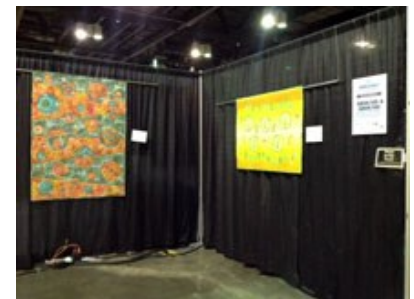
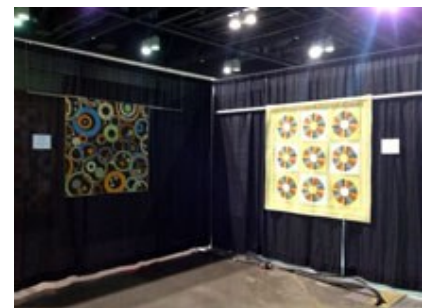
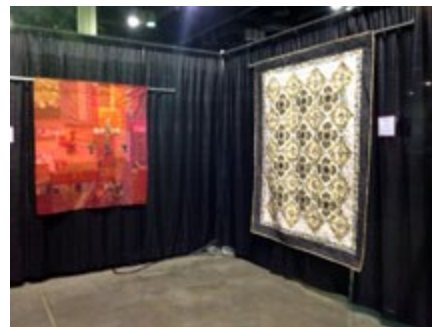
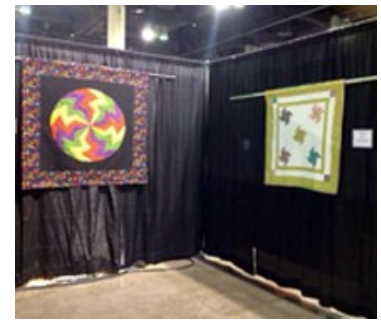
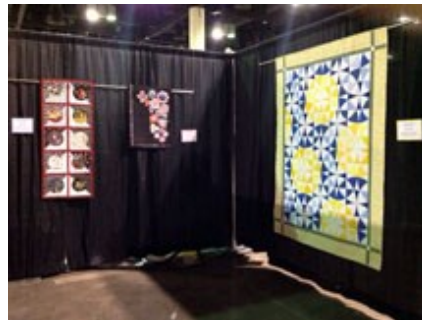
Photographer:

Pat Richards-Lynes
pjcreation@aol.com

Guild Address:

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

QGbtS Challenge "Around and Around" at Mancuso





ANNUAL MEMBERSHIP DUES

QGbtS annual membership dues for 2016 will be **\$35.00**.

'MEMBERSHIP HAS ITS PRIVILEGES'

Paid members of the QGbtS are eligible to:

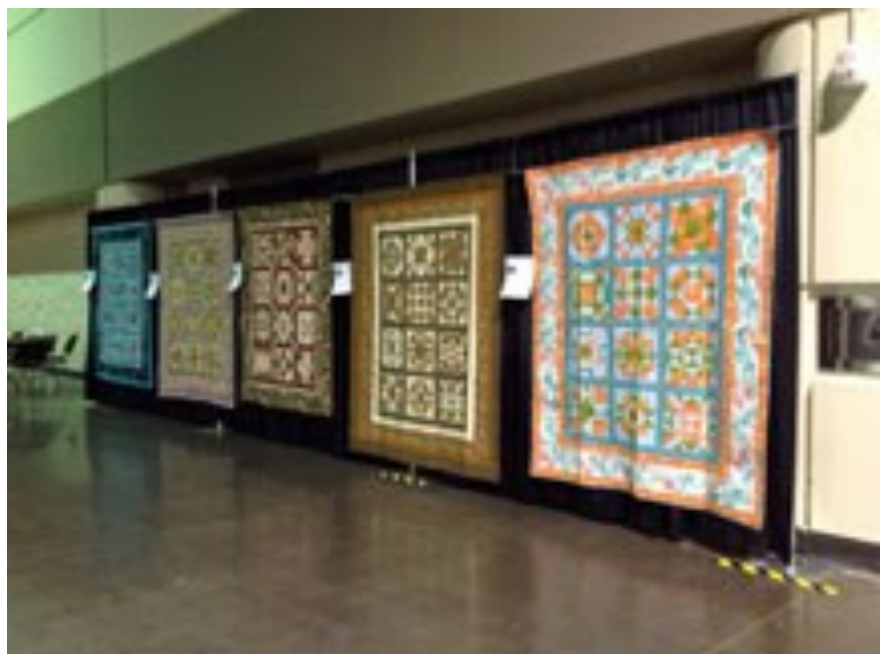
- participate in Guild programs
- participate in workshops
- receive monthly newsletter
- place ads in the classifieds.

Guests are welcome to attend our meeting during the months April through November, twice during a year. Dues are non-refundable.

For further information contact: Ellen Heckler [561-245-8280](tel:561-245-8280) or quiltguildbythesea2011@gmail.com

[@gmail.com](mailto:quiltguildbythesea2011@gmail.com)

QGbtS Build-A-Quilt Exhibit at Mancuso



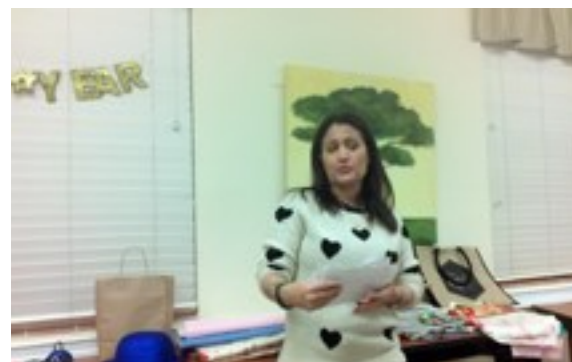
**ATTENTION...
ALL MEMBERS
DON'T FORGET TO
SIGN IN AT THE
GUILD MEETING!**

IS SOMEONE WEARING A FLIP FLOP PIN?

If someone at the Guild meeting is wearing a quilted flip flop pin, introduce yourself and give them a warm welcome. New members will wear these cute pins to identify themselves to other members.



'WHAT'S NEW FOR 2016' PRESENTATION BY JOHANNA FELBERBAUM PRESENTATION, STITCHCRAFT



MEMBERSHIP DIRECTORY

Please submit changes, additions or deletions for the membership directory.

Send changes to Ellen Heckler via email: Ellen.Heckler@gmail.com

WELCOME NEW MEMBERS:

- Sharon Cohen
- Sheila Krichman
- Deborah Persoon
- Jo Wilson

FAT QUARTER OF THE MONTH DRAWING

WINNER: Armanda Scinicariello



50/50 Raffle winner: Pat Lynes



NEWSLETTER SUBMISSIONS

All guild members are welcome to participate in the newsletter!

Please send articles, news, kudos or pictures via email to: DebShoemaker22@gmail.com.

Submissions for upcoming newsletters must be sent to Deb no later than the Board of Directors meeting date for that month. Meeting dates are listed in the Event Calendar.



IT'S A BEE!!!

Lincolnwood Bee: Meets 1st and 3rd Friday of the month at 10:00 AM-3:00 PM at Lincolnwood Clubhouse: February 19, 2016.

MEET OUR MEMBERS: PHOTO GALLERY



MEET OUR MEMBERS: PHOTO GALLERY



QGbtS VOLUNTEERS

NEEDED

Palm Beach County
Quilters Guild Show



We are very fortunate. Palm Beach County Quilters Guild is letting us sell tickets for our Donation Quilt at their biannual Quilt Show held at the South Florida Fairgrounds in West Palm Beach on **March 18, 2016 (10-5) and Saturday, March 19, 2016 (10-4)**. Entry fee is \$10 for both days and parking is free.

We need volunteers for both White Glove duty and Donation Quilt ticket sales for both days. Shifts will be 2 hours each plus an extra 1 hour shift on Friday.

Sign up sheets will be at the February QGbtS meeting. So check your calendars and let's sign up and help our guild and our sister guild.

Marie-Christine Leavitt & Linda Bouvier

ANNOUNCING

2016 MINIATURE QUILT CHALLENGE

MINI QUILTS ARE BEAUTY IN A SMALL QUILT

We've had mug rugs, and we've had a tea towel challenge. For 2016, our challenge will be **Mini Quilts**.

According to AQS, quilts should be no bigger than 24" x 24" with all aspects of the quilt reduced in scale.

Traditional piecing, hexies, applique, or embroidery are all acceptable techniques for your mini quilts. Everything must be in a smaller size.

Places to look for ideas, tips, tricks, etc. are www.hubpages.com/art/Miniature-Quilts, google miniature quilts, or look for miniature quilts on Pinterest.

Our completed miniature quilts will be viewed during our guild meeting on May 10th.

Happy Quilting!

EVENT CALENDAR:

February 4-6, 2016

- 'Quilting in Paradise' Quilt Show: Port St. Lucie, FL

February 9, 2016

Guild Meeting

- Thread Presentation by Kathy Ward
- Show 'n Tell
- Fat Quarter: Red & White
- Red Shirt Drawing

February 9, 2016

- The Thread Bar Workshop by Kathy Ward

February 12-13, 2016

- Ocean Waves presents QSF—Quilt South Florida, First Methodist Church, 622 N. Krome Ave., Homestead, 9:30AM—4:30 PM

February 12-16, 2016

- Suncoast Quilt Expo in Palmetto, FL

February 16, 2016

- QOV Workshop

February 19, 2016

- Fidget Quilt Workshop
- Lincolnwood Bee

February 19-20, 2016

- Quilt Show: Punta Gorda, FL

February 23, 2016

- Board of Directors Meeting

February 24, 2016

- Comfort Quilts Workshop

UPCOMING WORKSHOPS:

The Thread Bar by Kathy Ward

Date: February 9, 2016

Location: Grace Community Church

Time: 1:00 —4:00 PM

Fee: \$25.00



Sue Pelland "Hearts and More" Techniques: Rotary Cut Applique Class by Shloe Kerness

Date: March 9, 2016

Location: Grace Community Church

Time: 10:00 —3:00 PM

Fee: \$30.00



Spider Web Quilt Workshop by Linda Freyer

Date: April 13, 2016

Location: Grace Community Church

Time: 10:00 —3:00 PM

Fee: \$30.00



Dresden Plate Workshop by Diane Provost

Date: May 11, 2016

Location: Grace Community Church

Time: 10 AM—3 PM

Fee: \$30.00 (plus \$12.00 for Edyta Sitar's pattern and template)



Workshop Refund Policy: Workshop fees are refundable up to **5 days** prior to scheduled date.

EVENT CALENDAR:

February 25-27, 2015

- AQS Show, Daytona Beach

March 8, 2016

Guild Meeting

March 9, 2016

- Hearts & More Techniques
Rotary Cut Applique Workshop

March 15, 2016

- QOV Workshop

March 21-22, 2016

- QGbtS Spring Camp

March 23, 2016

- Comfort Quilts Workshop

March 29, 2016

- Board of Directors Meeting

April 12, 2016

Guild Meeting

- Giant Spring Bee
- Donation Quilt "Midnight Blooms" Raffle Drawing

April 14, 2016

- Spider Web Quilt Workshop
by Linda Freyer

May 10, 2016

Guild Meeting

- Miniature Quilt Presentation

May 11, 2016

- Dresden Plate Workshop by
Diane Provost

"The Frank McGee Memorial QOV Workshop"

Upcoming QOV Workshops:

Tuesday, February 16th, from 9:30 AM-3:00 PM at Grace Community church.



.. quilt of valor ..

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.

LONGARMERS: We are in desperate need of longarmers for our QOV program. If you own a quilting machine, we will provide the batting for our tops. A simple all-over quilt design is sufficient.

A huge **THANK YOU** for your participation.

For additional information, contact Letty Covar [561-715-3819](tel:561-715-3819), lettyann@hotmail.com or Diane Provost [561-409-3114](tel:561-409-3114), paquinprovost@gmail.com

QOV WORKSHOP GALLERY



QOV QUILT AWARDED:

QOV awarded to Colonel Fred Hannum, Army, Special Forces, at a meeting of Special Forces Association Chapter 76-Pan American Chapter. Awarded by Grace O'Donnell on December 19, 2015.



**COLLECTION FOR
A CAUSE—BY MODA**

By Marianne Fons

Designers at Moda Fabrics periodically turn to Moda's archives to create a special group of fabrics whose sales will benefit a charitable cause—inside or outside of the quilting world. Past beneficiaries from eighteen different collections include the Texas Quilt Museum, quiltmaker Libby Lehman, and St. Jude's Children's Research Hospital.

The charitable cause being recognized in the newest collection is QOVF. The group of prints, offered to quilt shop owners nationwide last fall, ships this month.

According to Moda, "president and founder Howard Marcus Dunn shares his passion for giving by donating the proceeds of Collections for a Cause

fabrics to organizations that benefit our community. This time, Mr. Dunn has chosen the Quilts of Valor Foundation, whose stated goal is to make quilts that heal and comfort service members and veterans."

The vintage prints in rich blues, reds, and browns that comprise the group were chosen from an 1889 French mill book. Look for these beautiful fabrics at your favorite independent quilt shop and consider purchasing them to create your next QOV quilt! Your quilt and your purchase can do double duty—doing good for a service member and for QOVF.



Sales of the Collection for a Cause Mill Book Series circa 1889 benefit the Quilts of Valor Foundation.

2 January 2016



COMFORT BEARS

Joanne Miller has put Comfort Bears on temporarily hold; we have 50 bears that need homes.

If you have a suggestion of a place to donate bears, please contact Joanne Miller at baresmom123@gmail.com.



FAT QUARTER OF THE MONTH: FLOURISHING ROSES



Small rose buds to fully opened blossoms growing from twisting and turning vines adorn this beautiful fabric. These classic roses are a wonderful addition to a spring or summer quilt or for your stash. The large flowers are approximately 2". From the 'Beacon Hall' collection by Deborah Edwards of Northcott Studio for Northcott Fabrics.

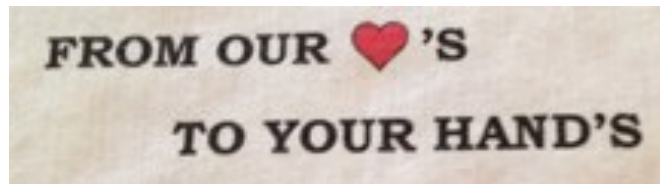
CARING HEARTS



Caring Hearts will be an on-going part of the newsletter. Caring Hearts will include the name of any member who is ill, in the hospital, etc., and deaths of members and/or family.

Any information to be included in this portion of the newsletter should be emailed to: Deb-Shoemaker2@gmail.com

COMFORT QUILTS



Reminder: Red Door has changed its name to Comfort Quilts. Comfort quilts will be donated to Gilda's Club of Fort Lauderdale, Boca Raton Regional Hospital Infusion Center, and the Lynn Cancer Institute of Boca Raton and Delray Beach.

- Anyone willing to participate in Comfort Quilts, please contact Karen Pugh at 561-251-1304 or Janet Eckard at 561-271-5987.
- **Comfort quilt size specifications are:**
 - ◆ a minimum of 38 - 42" wide, and a minimum of 48 - 54" in length.
 - ◆ Any fabrics for women, men, and children are acceptable.
- Comfort quilt kits will be available at the general meeting for anyone who would like to complete them at home.
- **Join us for upcoming Comfort Quilt Workshops**, the 4th Wednesday of the month through June from 10:00 AM to 3:00 PM, at Grace Community Church, El Rio Room, on February 24, 2016.

There is something to do for everyone!

FIDGET QUILTS

- Bags with supplies are available for anyone who would like to participate in making a Fidget quilt
- The next workshop will be held on Friday, February 19, 2016 at 10AM—3:00 PM, at Lincolnwood.



Join us ... everyone is welcome to attend. Bring your lunch, your machine, fabric remnants, notions, & assorted doodads to create a small quilt for an Alzheimer's patient. Hand sewers are welcome.

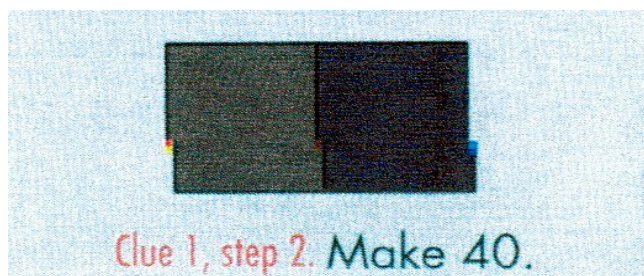
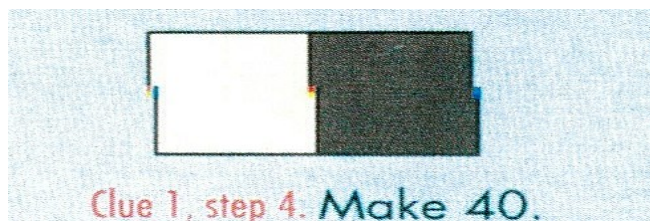
Please let us know if you're planning on attending. Any questions, please contact Linda Eddy: [561-376-3996](tel:561-376-3996) or email: eddylin-da1007@yahoo.com.

Build -A-Quilt Instructions 1-4

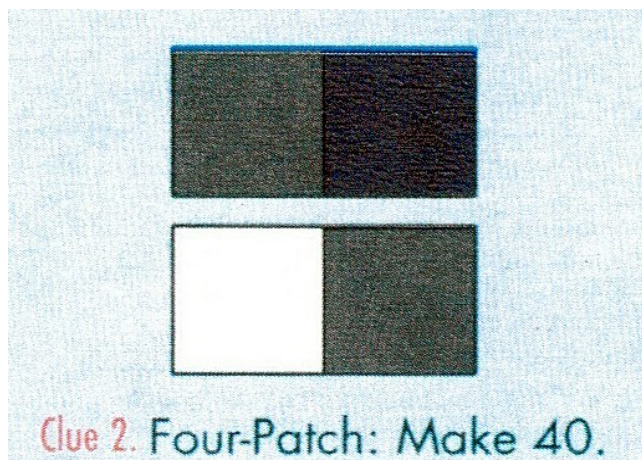
"Message in the Needlework"

Needlework has never been faster or easier than with this charming quilt pattern. In the time it takes you to thread a needle, you can have this delightful quilt pieced and ready for quilting. Give your eyes and fingers a rest and enjoy this "needlework." attached are steps 1-4.

CLUE 1: 1. Gather the forty $3\frac{1}{2} \times 3\frac{1}{2}$ " feature squares and forty $3\frac{1}{2} \times 3\frac{1}{2}$ contrast squares. **2.** Sew the feature and the contrast squares in pairs as shown. Press the seam allowance toward the contrast square. Make 40. **3.** Gather the remaining forty $3\frac{1}{2} \times 3\frac{1}{2}$ contrast squares and forty $3\frac{1}{2} \times 3\frac{1}{2}$ coordinate squares. **4.** Sew the contrast and the coordinate squares in pairs as shown. Press the seam allowances toward the contrast square. Make 40.



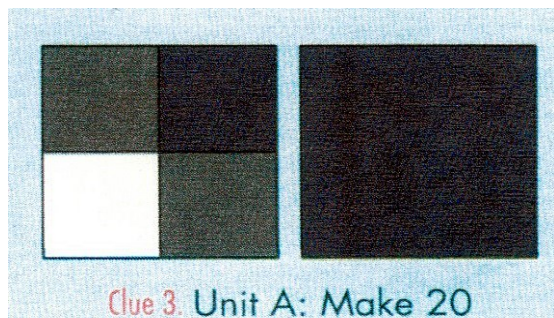
CLUE 2: 1. Gather all the pairs completed in step 1. **2.** Sew one of each pair into a Four-Patch unit as shown. Make sure the contrast squares are opposite each other on the diagonal. Press the seam allowances in the same direction. Make 40.



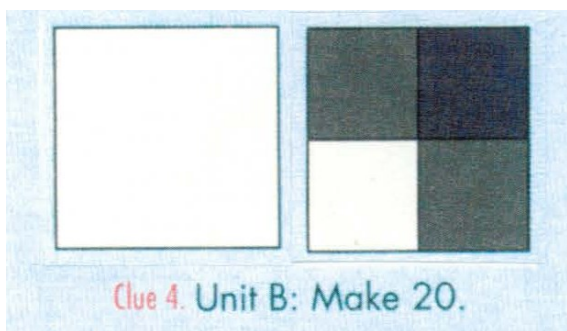


Build -A-Quilt Instructions 1-4 (continued)

CLUE 3: **1.** Gather twenty Four-Patch units completed in clue 2 and twenty and twenty 6 1/2 x 6 1/2 "feature squares. **2.** Sew these together as shown. Pay close attention to this step, making sure to position the small feature square in the Four Patch unit next to the upper-left corner of the large feature square. Press the seam allowance toward the feature squares. This is Unit A.



CLUE 4: **1.** Gather the remaining Four-Patch units, and twenty 6 1/2 x 6 1/2" coordinate squares. **2.** Sew these together as shown. Pay close attention to this step, making sure to position the small coordinate square in the Four-Patch unit next to the lower left corner of the larger coordinate square. Press the seam allowances toward the feature squares. This is unit B.



QUILTING IS HEALTHY

You know that quilting makes you feel good, but now there's scientific evidence to back up what you've always suspected-not only does quilting make you happy, it's actually good for your health. Researchers at the University of Glasgow published their findings in the peer-reviewed *Journal of Public Health* after conducting qualitative research using a local quilting group as their source. The end result? "Quilting seemed to possess some distinct properties for enhancing well-being that would not be replicable through outdoor/physical activity." In other words, that's dry research speak for saying quilting gives you a workout you're not going to find in your local step class.

The biggest perk? When you're happy and doing something you love, your brain gets saturated with dopamine and serotonin, otherwise known as happy chemicals-especially when you're doing "meaningful work" using your hands. According to Kelly Lambert, PhD and a member of the neuroscience department at Randolph-Macon College, quilting complements these conditions perfectly.

Get Healthy *and* a Stunning Quilt

Next on the health benefits list is a decrease in stress levels. Dr. Lambert says quilters "feel a sense of accomplishment that increases your 'reward chemicals' and decreases the chemicals related to stress or anxiety." Of course, lower stress levels are linked to a variety of good things from a lower risk of heart attack and stroke to lower body fat. In a time when stress levels are breaking through the roof for most people, who wouldn't benefit from a little cultivation of mindfulness?

If you're more into quantitative proof, a clinical psychologist published research in the *Journal of the American Medical Association* showing evidence that quilting leads to decreased blood pressure, heart rate and respiration. Finally, according to Harvard neurologist Marie Pasinski, MD, quilting is a soother for the brain. The Glasgow research echoes these sentiments, with the participants saying that quilting was a (relatively) easy way to embrace creativity, and the use of different colors and textures gave them a "sense of wellbeing."

Straight from the Source

The Glasgow participants specifically cited, time and again, bright colors and how they elevated their moods-particularly during those dreary British winters. Most of the group also said there was something captivating about quilting and that they got into a flow, much like a runner's high. It's relaxing and at least for a little while, their anxieties were put on the back burner. However, quilting also requires problem solving skills, like when new patterns and shapes are required. From newbies to quilt masters, everyone said that at some point they always find a new challenge.

Finally, getting that tangible end result is a built-in reward that offers plenty of satisfaction and the feeling of achievement. During the social aspect of quilting as a group, the women said they felt inspired and all those compliments don't hurt when it comes to getting a self-esteem boost. Quilting is "uniquely good for you" concluded researchers-a sentiment that's obvious for quilters, but it's quite the rush to get a nod from the world of academe (kind of like nailing that tumbling blocks pattern on your first try).

Jill Smith is a writer with a vast array of subject matter expertise. Along with publishing articles for large and small businesses, she researches, writes and publishes reports on various public policy issues.

Not only does quilting have health benefits, it often takes place in the company of good friends and family. For fabric and more, see [Novelty Quilt Fabric](#), your online quilting supply store.

Article Source: http://EzineArticles.com/expert/Jill_Smith/1166588

Article Source: <http://EzineArticles.com/8297639>



QGbtS LIBRARY



We have wonderful books!

Take the opportunity to look through or borrow a book, a DVD, or a magazine that interests you.

All books must be checked out and returned at the next Guild Meeting. Late fees will be charged when applicable.

Guild Librarians:

Joan Cohn & Elaine Greenberg

Library Hours: 9:30—10:00 AM during every Guild meeting.

FRIEND US!

QGbtS now has our very own **FACEBOOK.**



Send in your pictures, comments, etc. to Joanne Miller at:

Barniesmom123@gmail.com

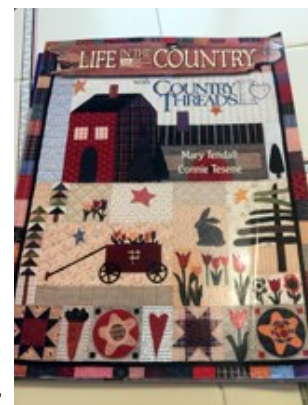
LIBRARY NEWS:

- New books and magazines needed for our library.
- A list of the books in our library can be found on the QGbtS website.

BOOK REVIEW:

Life In The Country
by **Mary Tendall and Connie Tiesene**

One of my favorite things to do is read quilting catalogs in print and online. Life in the quilting world changes as much as everything else. Even what's old is new again and is different this time around. With the surge of wool applique and embroidery, hand and machine, there is an abundance of books, patterns, supplies, videos, TV shows, and lots of instructions. So, when this book came across my path, I was delighted. It encompasses a primitive country look that is so popular now. It's full of animals, farm life, and seasons. The designs call for individual creativity like embellishment, color, appliqué, fabric choices, and alphabets. Patterns are included. I think this is a fun book.



Reviews submitted by Joan Cohn

2016 QUILT CHALLENGE

Theme: "Log Cabin".

Challenge Guidelines:

The entry must:

- be any size up to and including 54" X 75". Nothing larger.
- include at least one complete log cabin (traditional or non-traditional/curved) block.
- use any quilting technique: pieced, appliqued, paper pieced, etc. Machine or hand quilted.
- have a 4" hanging sleeve on the back.
- have a label on the back right hand corner with your name, name of the person who did the quilting, the name of the quilt, and Quilt Guild by the Sea.
- be made and completed between December 1, 2015 and October 11, 2016. **NO Exceptions or Extensions.**



A sign-up sheet will be available at the General Meeting.

Participation is welcome for everyone at all skill levels. Need help? Ask a guild member. For further information, contact: **Sarah Crew** 561-620-2856



CELEBRATE
WITH US!

20th ANNIVERSARY YEAR

The Countdown to your Sew-Cation Begins!

Join a host of new teachers, new classes, new features and fun when Original Sewing & Quilt Expo returns **March 17, 18 & 19, 2016** to **The Lakeland Center**.

Class Registration is OPEN. Now is the time to make your plans for the most incredible three days of your creative life.

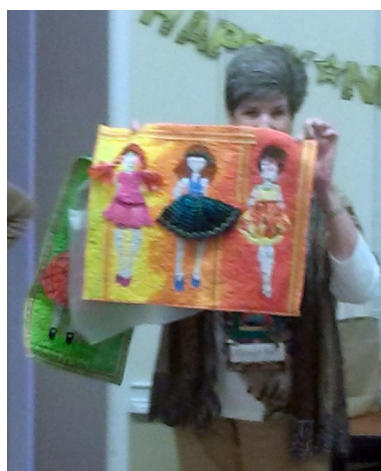
Register for class value packages and save! Includes discounted class fees, **FREE** general admission and shopping bag. Complete pricing and class details online at sewingexpo.com.

[Click for all the details.](#)

JANUARY SHOW 'N TELL

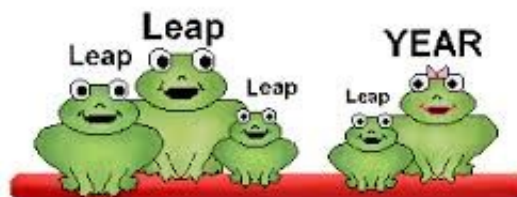


JANUARY SHOW 'N TELL



HOLIDAYS IN FEBRUARY

- February 1: National Freedom day
- February 2: Groundhog Day
- February 4: Thank the Mailman Day
- February 5: Weatherman's Day
- February 6: National QOV Sew Day
- February 6: Eat Ice Cream for Breakfast Day
- February 7: Send a Card to a Friend Day
- February 7: Superbowl Sunday
- February 8: Chinese New Years
- February 9: Mardi Gras
- February 10: Umbrella Day
- February 11: Friend Day
- February 12: Lincoln's Birthday
- February 14: Valentine's Day
- February 15: National Gum Drop Day
- February 17: Random Act of Kindness Day
- February 20: Love Your Pet Day
- February 26: National Pistachio Day
- February 27: Polar Bear Day
- February 29: Leap Day





CLASSIFIED

Just Imagine Quilts

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Longarm Quilting



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C. 561.756.1090
dottylevine82@yahoo.com

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10351 Sunset Bend Drive
Boca Raton, FL 33428



LINDA ADAMCIK
561-790-1009 H
561-310-1363 C
QUILTINGQUEEN@ATT.NET



LONGARM QUILTING



To schedule your quilt for machine quilting
please contact Linda



StitchCraft
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7491 N. Federal Hwy, Boca Raton, FL 33487
561-999-9992 www.sewmuchfunandmore.com

FOR SALE: Antique Replica Hand Quilting Frame

With instructions, \$20.00.

Contact Judy Cornell
561.279.4566 or via

email: JJQuilter@aol.com



antique replica hand quilting frame