



QUILT GUILD BY THE SEA NEWSLETTER

May 2023

VOLUME 13, ISSUE 5

QGbtS Program:

Date: May 9, 2023

Program: Kena Tangi Dorsey, "The Bold and the Beautiful: Using Vibrant African Wax Prints in Quilts"

Show 'n Tell

50/50 Raffle

Name Badge Drawing

Guild Address:

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

VOLUNTEERS NEEDED:



The following positions are open and we need help:

- Quilt Exhibit Chair
- Donation Quilt Chair
- Newsletter Assistant
- Publicity Chair
- Workshop Coordinator

President's Letter:

Hello Fellow Quilters.

First, a big **CONGRATULATIONS** to the members of QGbtS that entered the BQE Quilt Show and won ribbons for their wonderful quilts. Please bring them to the meeting for show and tell so all of us can see them!

Where has the time gone? This month has literally flown by. And what have I been doing since last we touched base? Dellie Krebs and I organized and hosted a Barn Dance Party for the Garden Club, and I designed and costumed the current play, "Noises Off", at the Delray Beach Playhouse. All this in addition to organizing the fabric for what I'm now calling **the "GIANT FABRIC DISTRIBUTION"**. Thanks so much to Linda B, Kristi, and Joel for moving everything to Dellie's, and Marie Christine, and her friend, Mary Ann, and Joey, and Marlys for their organizational skills and brute strength. We are now ready for the sale next week.

The **"GIANT FABRIC DISTRIBUTION"** sale is finally here. It is next Thursday, Friday, and Saturday, May 4th -6th. The announcement with specifics are in this newsletter on **page 5**. There was too much fabric to measure and price each piece; that would have taken months!

So, this is how it will work:

- there are 2 different sizes, a \$10 bag and a \$20 bag. The big, oversized bags (like those from StitchCraft) are \$30.00—you are welcome to bring them. If you bring your own bag, MC will determine the cost depending on the size.
- You will buy a bag and then fill it to the max with your selections. Remember, this is a donation to our guild.

I hope you all can come and take advantage of our good fortune and take lots of fabric home.

I, also, want to thank Dellie on behalf of the Guild for letting us disrupt her life and home. This is a sacrifice not many would be willing to make. Everywhere you turn is fabric and another crate; she has 3 chairs, her table, and her bed that are not covered with something. Dellie, you have gone above and beyond. Thank you.

Happy Quilting Everyone,

Sarah

CURRENT OFFICERS:

President

Sarah Crew
(561-809-0244)
sfcrew41@gmail.com

President-Elect:

Marie Christine Leavitt
(561-699-2216)
mcglquilt@gmail.com

Secretary:

Sheila Solen
561-455-2342
sheila_solen@yahoo.com

Treasurer:

Karen Berman
(954-729-7893)
foreversweetpea@comcast.net

Membership Director:

Ellen Birnbaum
(561-703-2350)
twinee38@gmail.com

Program Director:

Marcia Degner
(561-243-1776)
msdegner@gmail.com

Publication Director:

Deb Shoemaker
(954-629-1720)
DebShoemaker22@gmail.com

Technology Director:

Ann K. Ford
(512-289-0797)
ann.k.ford@gmail.com

QOV Program Co-Chairs:

Linda Bouvier
(561-212-3997)
lbouvier@bellsouth.net

Kristi Kristol
561-241-6717
kdkristol@aol.com

Outreach Program Chair:

Linda Eddy
(561-376-3996)
eddylinda1007@yahoo.com

UPCOMING PROGRAMS:

Date: May 9, 2023

Speaker: Kena Tangi Dorsey, "The Bold and the Beautiful: Using Vibrant African Wax Prints in Quilts"

I'm Kena Tangi Dorsey, and I'm a quilt artist, teacher, speaker, mentor, pattern designer and owner of Kena Quilt Studio. I began sewing and quilting almost 20 years ago and have enjoyed designing and selling custom-made modern and traditional quilts ever since.

Now, I have expanded the artistry of my business to focus on helping others revel in the joys of quilt-making. I teach quilting classes using the style and techniques that I've fallen in love with while making portrait art quilts, modern quilts, and quilted bags over the years. I love using the big, bold, rich colors that you may find in African wax print fabrics, or Indonesian batiks, and Kaffe Fassett collections, to name a few. They're so much fun to work with, and I want to share that passion with you!

Location: Boca Raton Community Center, 150 Crawford Blvd

Zoom is also available

Time: 10:00 AM—12:00 PM

Guest Fee: \$10.00 (non-refundable)





Welcome to all returning members of Quilt Guild by the Sea for 2023.

And a **HUGE** welcome to all new members and those of you who are joining us from Gold Coast.



Membership dues for 2023 are \$50.00. Dues may be paid by check; send to the Guild's PO Box or directly to our Treasurer:

Karen Berman
8716 Sunbeam Mountain Terrace
Boynton Beach FL 33473

or they may be paid on-line on the guild website: QuiltGuildbythe-Sea.com or preferably by check.

If you have any additional questions, please contact Karen at (954) 729-7893.

UPCOMING PROGRAMS:

Date: June 13, 2023

Speaker: Dana Jones, Around the Block:
Creating Quilts from Blocks from Traditional to Contemporary

From traditional blocks to modern blocks, from repeated blocks to one-of-a-kind blocks, from blocks you know to those you've never seen — quilters past and present (and likely future) love blocks. This trunk show includes more than 20 quilts from a range of quilting genres, including ones I've designed and ones designed by others and all constructed with blocks. Perhaps you'll be inspired to join me in becoming a "blockhead"

— newly defined as a quilter entranced by the infinite world of quilt blocks. I hope you'll come away from this presentation proud to be a chip off the old block of our quilting foremothers and our quilting mentors and peers. Plan to join me on this colorful trip around the block.

Location: Boca Raton Community Center, 150 Crawford Blvd
(Zoom is also available)

Time: 10:00 AM—12:00 PM

Guest Fee: \$10.00 (non-refundable)



EVENTS CALENDAR:

- | | |
|----------------------|--|
| May 2, 2023 | QOV Workshop (10 AM—3 PM)
Boca Raton Community Center |
| May 4th -6th | The "Giant Fabric Distribution"
Dellie Krebs' home (See Page 5 for details) |
| May 9, 2023 | General Meeting |
| May 10, 2023 | QOV Workshop (11 AM—3 PM)
Laura's Sewing and Fabric |
| May 24, 2023 | QOV Workshop (11 AM—3 PM)
Laura's Sewing and Fabric |
| June 13, 2023 | General Meeting |
| July 19, 2023 | Outreach Program Workshop (Tentative)
(Boca Raton Community Center) |



GIANT FABRIC DISTRIBUTION

WHEN: Thursday, May 4 — 10 am to 3 pm
 Friday, May 5 — 10 am to 3 pm
 Saturday, May 6 — 10 am to 2 pm

WHERE: Dellie Krebs
 5261 Bodega Place
 Delray Beach, Fl

YOU WON'T BELIEVE YOUR EYES!

FABRIC, THREAD, BOOKS, PATTERNS — YOU NAME IT

Just take a bag and put as much in it as humanly possible. IT'S YOURS!

For just \$10, \$20, or \$30 depending on the size of the bag, you'll walk away with as much as you can carry.

In addition, we also have bulky bundles of fleece, etc. that are too large for the bags. These are priced according to size: \$2 to \$5 each.

COME, HAVE FUN RUMMAGING THROUGH THE BINS

THERE ARE TREASURES TO BE HAD

PS. WE WILL SEND YOU AN UPDATE WITH A SPECIAL ENTRANCE CODE FOR THE GATE NEXT WEEK.

OUTREACH WORKSHOP—APRIL 2023

Our first Outreach Workshop for this year was held on April 19th at the Boca Raton Community Center. It was a fun day for all working on comfort quilts, fidgets and bears ! We accomplished a lot of cutting, kitting and sewing !

We would love to have you join us at the next workshop (TBA). All are welcome !



OUTREACH WORKSHOP—APRIL 2023



INDIGO TYE DYING WORKSHOP WITH LINDA RORAFF





HOLD THE DATE

2023 QGbtS Quilt Camp "Leaf Your Worries Behind"

Wednesday, August 16th -Saturday, August 19th

Boca Raton Community Center

includes lunch Wednesday thru Friday

Cost: \$125





Quilt Guild by the Sea

Quilt Camp 2023
Quilt Camp Registration

Wednesday – Saturday, August 16-19, 2023
Boca Raton Community Center

Wednesday 9am-9pm; Thursday and Friday 8am-9pm; Saturday 8am-2pm

Lunch will be provided on Wednesday, Thursday & Friday!!

Name _____ Date _____

Email (*PLEASE Print clearly!*) _____

Phone _____ Cell phone _____

Emergency Contact and Phone# _____

I will bring a snack to share on Wed. ___ Thurs. ___ Friday ___

Camp Cost: \$125-----check payable to OGbtS must accompany this form.

****Mail to: Jean De Frances** 6451 Parkview Drive, Boca Raton, FL 33433-6638

Conditions & Liability Waiver

To the maximum extent of the law, your attendance and participation in the Quilt Guild by the Sea Quilt Camp of August 16-19, 2023, which may include classes, lectures, tour excursions or events, paid for or not, is conditioned on your agreement to hereby hold harmless the Quilt Guild by the Sea, its employees & volunteers from any and all liabilities for injury, loss or damage to you and/or your belongings as a result of the negligence of the Quilt Guild by the Sea, its employees & volunteers, or for any other reason. **Sign-ups must be accompanied by a completed form and a check for \$125 which is non-refundable.. Your signature below signifies your agreement to these terms. This event is open to members only.**

Please be sure that you fill out & read this form entirely, then sign and date below.

Remember that all participants should be fully vaccinated.

Signature _____ Date _____

"THE FRANK MCGEE MEMORIAL QOV WORKSHOP"

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 2023 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.



∴ quilt of valor ∴

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

- Sign in to **QOVF.org**
- Click "Nominations and Awards" at the top of the page
- Read the Eligibility and Mission of Quilts of Valor
- Click the box for "online nomination form" and complete the form
- In the comments area, please write that you wish to have this quilt request go to QGbtS.

QOV NEWS:

- YTD 44 Quilts of Valor have been awarded.

QOV WORKSHOP AT LAURA'S:

- QOV Workshops at Laura's are from 11 AM—3 PM.

May 10th

May 24th

Please contact Rochelle Staiano at (203) 505-0273 or via email sashakins@hotmail.com if you would like to attend or sign-up on the sign-up sheet at the monthly Guild meeting.

THANK YOU NOTE TO LAURA

April 22, 2023

Laura's Sew and Quilt Shop
6190 North Federal Highway
Boca Raton, FL 33487

Dear Laura,

On behalf of the Board and members of Quilt Guild by the Sea, I wish to express our sincere thanks for hosting our Quilt of Valor Workshops at your shop. We are also very grateful for the donation of two bolts of fabric for our Quilt of Valor program. Your contributions will help us create patriotic quilts to honor our servicemen, servicewomen, and veterans.

We greatly appreciate not only your contributions but your generous hospitality and thoughtfulness.

Thank you.

Sincerely,



COMFORT QUILTS:

- Maureen D. delivered quilts to AVDA (Aid to Victims of Domestic Abuse) at the Delray location and Linda E delivered quilts to the NICU at Boca Raton Regional Hospital. Both organizations were very happy to receive our quilts!
- We received 59 quilts during the month of April to bring our 2023 total to 159 quilts(68 adult, 62 child/teen, 29 NICU). Wow!
- AVDA (Aid to Victims of Domestic Abuse) has been added to receive QGbtS' Comfort Quilts.



Needed: Men's and teenage boy/boy Comfort quilts.

- Juvenile Comfort Quilts are needed in Trauma Centers. Crib size is suggested.
- Teenage and Tween Comfort Quilts are needed. The size should be approximately 40" X 70" in bright colors, geometric or modern prints, sport prints, or denim fabrics.
- The Guild has some batting available.
- Novelty and juvenile fabrics are needed as well as 2 yard measures of fabric for backings.
- Two NICU Quilts delivered to the Boca Raton Community Hospital this month (right).



Comfort quilt size specifications are:

- ♦ **A maximum of 40" wide**, and a minimum of **48 - 54"** in length.
- ♦ **NOTE:** Quilt tops should be 40" wide so that we can use one width of fabric and do not have to piece the backs. If you are using your own backing and batting and are doing your own quilting, feel free to make them wider and/or longer.
- The size of the NICU coverlets quilts is **36" X 36"**.
- We need domestic machine quilters to help us get our quilt tops finished! Feel free to practice your quilting or quilt simple straight lines . Take the time and opportunity to quilt your Comfort quilts on your machine; practice, hone your skills, and try new techniques and patterns. The final product does not have to be perfect.
- Longarmers are needed to quilt Comfort Quilts. If you would like to volunteer your skills, please contact Linda Eddy.
- Contact: Maureen Drudi at 954-427-2456 or email: mdrudi@hotmail.com with any questions.

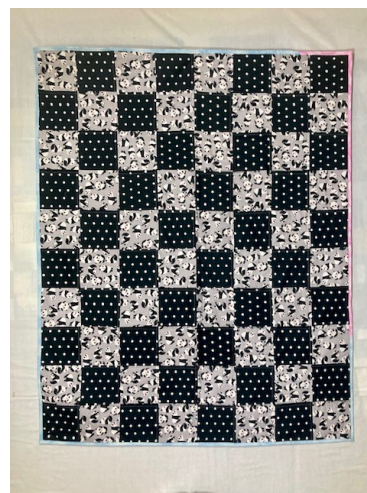
COMFORT QUILTS:



COMFORT QUILTS:



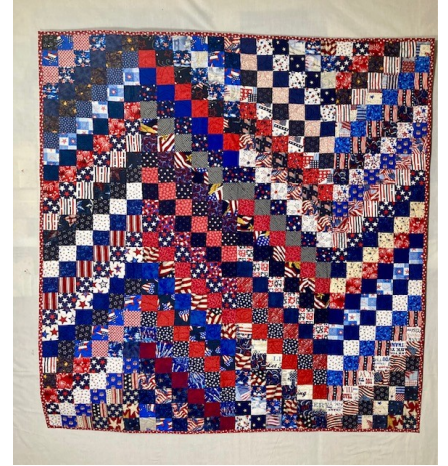
COMFORT QUILTS:



COMFORT QUILTS:



COMFORT QUILTS—DELIVERED :



COMFORT BEARS/PILLOW PALS:

- Janet Copen delivered 12 pillow pals, and Comfort bears to Delray Medical Center. In addition, Comfort Bears were delivered to Women in Distress.
- There are several new bears in production.
- 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 can be found on the QGbtS website.
- Contact Janet if you need fiberfill stuffing for your bears.
- Contact Janet Copen at (954) 632-1181 or email jecopen@aol.com for additional information.



NOTE: If you have taken any bear faces and not returned a completed bear, please do so. We have a limited number of faces. Thank you!

KNOTS OF LOVE (KNIT AND CROCHET CHEMO HATS, submitted by Ellen Birnbaum)

This is the knots of love website for those who enjoy knitting and crocheting chemo hats. There are so many choices of free patterns for both knitting and crocheting as well as tips on selecting yarn and washing caps.

Ellen

<https://www.knotsoflove.org/guidelines-for-knitters-and-knotters>



FIDGET QUILTS:

- We received 6 Fidgets during March and 40 orphan blocks.
- **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.



FYI: Placemats make wonderful Fidgets; all they need is embellishment!

- For information and tutorials on Fidget Quilts, please open this article from Patchwork Posse: <https://www.patchworkposse.com/fidget-quilts/>
-
- For additional information, please contact Ellen Heckler (561) 245-8280 or by email at ellen.heckler@gmail.com
- **CALLING FOR ORPHAN BLOCKS:** Meridian has requested orphan blocks for their facility. Please bring them to the next meeting, if you have any available.

In our work with residents suffering from memory impairment one of the greatest things we can do for them is engagement.

Quilting blocks are amazing for getting a person in the flow or zone – minimizing the effects of the disease for the time of engagement.

We put flannel up on the wall and they can piece the blocks together in patterns or have some residents match different thread colors to fabric – some simply sort the blocks by color or size. It is amazing the hours of engagement.

Thank you Ellen – I have cc'd Hillary our Memory Care Program Director and we would love to partner together to change the world for someone with dementia using the great art of quilting and textile.

If you and your group have orphan blocks we would love to have them – let's make a plan.

*Most Sincerely,
Sue Johnston , VP Program Development
Meridian Senior Living*

FIDGET QUILTS —APRIL 2023



Fidget Sleeves Reduce Stress for Dementia Patients (Decorated with beads, buttons, and bobs, the knitted or crocheted cuffs provide a stimulation activity for restless hands). By **Jessica Bennett**, February 24, 2021, *Courtesy of Dchstrust Walton Hospital*

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.

This article originally appeared on Better Homes & Gardens.

SHOW 'N TELL—APRIL 2023



SHOW 'N TELL—APRIL 2023



SHOW 'N TELL—APRIL 2023



Credit to unknown artisan.

Quilt pattern: [http://alldaycrochet.us/.../cathedral windows-quit.../](http://alldaycrochet.us/.../cathedral-windows-quit.../)

SASHIKO BY MACHINE = THE LOOK OF HAND QUITTING

By Lori Baker, April 13, 2020



If you are like me, you are doing lots of sewing/quilting/crafting right now. Colorado, like much of the country, is under Stay-at-Home orders and I'm finding myself with lots of time to fill. I feel like it is important to take care of me and my mental health while I am staying at home. The extra time I have by not having to commute to work is a lot! An hour and a half every workday. And evenings and weekends are LONG when I can't go visiting.

I've chosen to use all of that time doing one of two things. If I'm having a hard day, I work on something simple so I can enjoy a feeling of accomplishment. And if I'm having a good day, I explore something new, something challenging. Again, so I have that feeling that I have accomplished something.

This is a bit of a story but let me tell you the background of this semi-challenging project. Hopefully, you'll like it enough to try it.

Fifteen + years ago, I was traveling and teaching, working with Pfaff sewing/embroidery machines. I decided that it would be fun to make reversible vests so I could pack one garment and have a different look for two days when I was on the road.

For this vest, I found two fun coordinating cotton scarves at Quilt Market. They had sweet little children wearing kimonos and one of the prints included big circles. I decided those two scarves were perfect for the outside of a vest.

About the same time, I found a book about sashiko stitching. Unfortunately, we've downsized and I no longer have the book so I can't even tell you the title but there are several books on Amazon that look like they would be helpful if you want to try this technique.

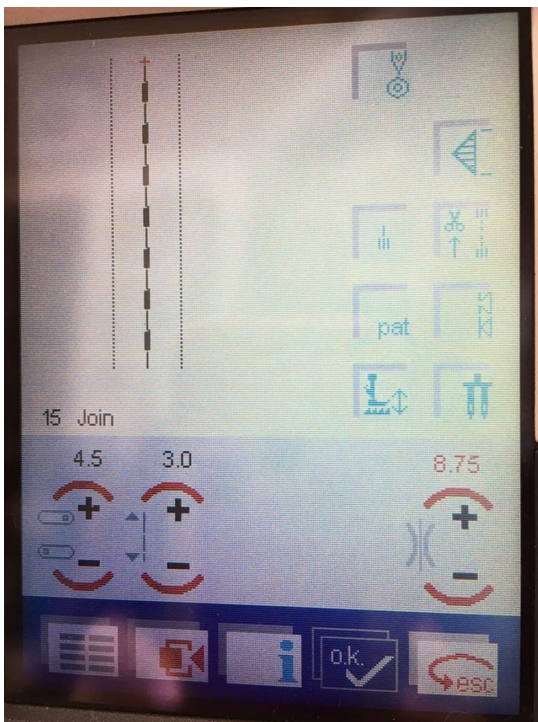
I decided to combine the fun fabric with sashiko stitching. My youngest son is much more of an artist with pencil and ink than I will ever be, so he found designs in the book and drew them on the fabric circles. I decided those two scarves were perfect for the outside of a vest.

SASHIKO BY MACHINE (Continued)

There is a machine available that actually stitches sashiko stitches. Baby Lock makes it. There may be others. If you are going to do a lot of sashiko, that's an idea worth considering.

Here are two short videos on our website, one on hand-stitched sashiko and one with machine-stitched sashiko with a sashiko machine.

I didn't have a sashiko machine, so I chose to use a stitch on the sewing machine I had at the time. It was a Pfaff 2144. I still have that machine and it's a gem. It has a stitch that combines a triple straight stitch and a single straight stitch (and other brands have the same stitch so check your machine).



This is the stitch I used.



Here is the front of that fun vest. I used a different pattern in each of the circles.

SASHIKO BY MACHINE (Continued)



Here is a close-up of the stitching.

I appliquéd the extra circles and one large design from the companion scarf



The Back of the Vest.
I love the crocheted doilies.



On the back of that side of the vest, I appliquéd machine embroidered lace from the Lace Glorious Lace collection by Jenny Haskins.

SASHIKO BY MACHINE (Continued)



The back has large pieces of machine-embroidered lace.

Even though it is more than 15 years old, I still like my vest and wear it occasionally.

I've often said that I don't do hand work. I simply don't enjoy it and I don't see well enough to do it nicely. But that doesn't mean that I don't like the look of hand work, so I challenged myself this past week to mimic the look of hand quilting. And that made me think of the technique I'd used to create the sashiko stitching on my vest.



So, I tried it again. I selected that stitch on my machine – the one that alternates one triple straight stitch then one single straight stitch. I threaded my machine with invisible thread on the top and white thread in the bobbin. I tightened the top tension and then tested on a scrap. In order to do an accurate test, I layered a top fabric, batting, and a backing fabric. I needed that top tension tight enough that on the triple stitch it pulled up the white bobbin thread but loose enough that on the single stitch it didn't pull up bobbin thread. It took three tries before I got the tension tight enough at 8.75. (Default tension is 4.0.)

SASHIKO BY MACHINE (Continued)

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Vest Front

There are lots of different patterns to use.



The Back of the Vest.

To make the vest reversible, I used a denim blue fabric and on the front I appliqué vintage crocheted doilies.

SASHIKO BY MACHINE (Continued)



The machine stitched look of hand quilting.

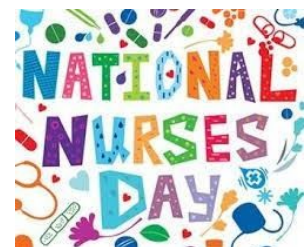
Try it, you may like it.

Happy quilting and stay safe,

Lori

WILD 'N WACKY HOLIDAYS IN MAY

- May 1: Hawaiian Lei Day
- May 3: Garden Meditation Day
- May 4: Bird Day
- May 5: Cinco de Mayo
- May 6: Kentucky Derby Day
- May 6: National Nurses Day
- May 14: Mother's Day
- May 18: International Museum Day
- May 20: Pick Strawberries Day
- May 23: World Turtle Day
- May 25: National Wine Day
- May 29: Memorial Day
- May 30: International Jazz Day





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