

# The Quilting Bee

Quilters' Guild of Arlington

[www.qgoa.org](http://www.qgoa.org)



Volume XXIV Issue 8

August 2013

## August Meeting

Meeting Reminders:

**Refreshments:**

Aug—B, K, O

Sep—F, I, J, Q

**Safe Haven:**

Aug—School Supplies

Sep—Soap and Towels

**Don't forget!**

- Name Tag
- Show & Tell
- Block Party
- Linus Quilts
- Patriotic Blocks
- President's Block
- Challenge
- Swap Items

Connie Liftin—"Redwork"

Our speaker will be Connie Litfin, from Carrollton and the topic is Redwork.

She will show many antique quilts and linens and give us a little history about the craft. Redwork was popular around 1880 to 1920. You will hear how

Redwork came about and some of the people who contributed to its popularity. Most of us have no idea the important role our needle and thread has played in the shaping of our country. With our sewing basket we have build churches, clothed soldiers and made them quilts and influenced the economy and politics of our country. Several antique quilts and linens as well as new one will be shown.



### NEXT MONTH'S FEATURE:

Borders Made Easy by Winnie Fleming

Winnie's primary interests are designing scrap quilts & writing instructions for quilts, totes and other projects for a large fabric manufacturer. Her expertise lies in the challenge of mathematically figuring the size of borders. She has developed a 'no fail' formula to calculate the exact cutting size for adding floater blocks and mitered corners.



### 2013 Guild Officers

**President: Susan FitzGerald**

**Vice President: Kandy Garrett**

**Secretary: Barb Cain**

**Treasurer: Dwain Edwards**

### Meeting Location

Bob Duncan Center – Vandergriff Park

2800 S Center St Arlington, TX 76014

Meetings 2nd Tuesday each month

Doors open at 6:30 ~ Meeting at 7:00

## Words from Our Guild President

Facebook, Pinterest, Just Pinch It and looking at Stampin' Up sites are a few ways I've been spending my time on the computer this summer. I'm looking for inspiration from one of my shared, pinned, pinched or researched pictures, but I guess I'm wasting more time than ever. I've been think about how to allocate my time so I can participate in all my hobbies. I know that I'd be better off with fewer hobbies but that's probably not going to happen.

Back to the skill of time management and what I learned during my working days. Budget my time, compartmentalize tasks, and set aside blocks of time with no interruptions. Step back once in a while to get the "big picture". I have to remind myself not to get too hung up on my Dear Jane design problem; work on Jellyrolls for awhile. Besides the design problem usually resolves itself when I have a bright idea at 1:00 in the morning! I need to remember to match my colors in true sunlight. And never, ever, leave my old rotary cutter open!

I don't think I'm any sort of wizard about time management but it's all about setting and keeping priorities. At least I'm back on track quilting, creating, enjoying the process and spending less time playing on the computer.

Sew Happy, Susan FitzGerald

### August Birthdays

- 1 - Ginny Miller
- 3 - Marie Eggleston
- 3 - Sherry Livingston
- 6 - Gloria Speakman
- 12 - Janice Mowery
- 14 - Eileen Watson
- 17 - Nancy Conner
- 17 - Patricia Eckstrom
- 18 - Cara Yarbrough
- 19 - Sandra Hughes
- 22 - Sheila Parry
- 25 - Leila Kinsey
- 25 - Carlene Shupee'
- 27 - Kathryn Jacobson
- 29 - Jean Dodson
- 31 - Jennifer Pope



# Next Workshop

## September 11 - Winnie Fleming - "Borders"

Winnie's expertise lies in the challenge of mathematically figuring the size of borders, "floater" borders, mitering borders, and making scrap quilts. Through her intensive studying of various quilt blocks and borders, she has developed no-fail formulas for every quilter to calculate the exact cutting size for adding "floater" and mitered borders to their own specific quilt. While most quilters would shy away from the math of quilting, Winnie takes all the fear away and makes it quite easy and fun. The result is enhanced borders, increased confidence, and a true sense of pride and satisfaction.

### WORKSHOP REGISTRATION FORM

(Please use this form to register for all upcoming workshops. You may photo copy this form.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Workshop Name: \_\_\_\_\_

Workshop Date: \_\_\_\_\_

Form of Payment: (circle one) Check      Cash

Cost is \$40 for members/\$45 for non-members. Please make all checks payable to QGOA.

**Payment must be received to hold your space in the workshop.** Enrollment is on first come first serve basis.

Please sign-up at a meeting at the Program Section of the Sign-In Table or send your registration form with full payment to:      Quilters' Guild of Arlington

PO BOX 13232

Arlington, TX 76094-0232.

Notify the Vice President, Kandy Garrett, that you wish to sign up.

Please pick up your supply sheet at the Guild meeting or check the newsletter on the website [www.QGOA.org](http://www.QGOA.org)

Workshops are held at from 9 a.m. to 4 p.m. Pleasant Ridge Church of Christ Family Pavilion in Arlington, located at I20 & Little Road NW of the Southwest Plaza Shopping Center off Church Street.

**This has been so popular, so we moved to the Family Life Room so we can accept up to 30**

## Wounded Warrior Quilts and a Special Thank You

Our Wounded Warrior Quilt project has been supported by our guild now for 10 years. That's a very long time for you as members to continue to make the beautiful quilts that mean so much to the wounded servicemen/women who have been wounded in either the Iraq or Afghanistan war and I want to thank each and everyone of you who have contributed to this ongoing project.

I would like to take an opportunity to give a really big THANK YOU to one of our members who has gone above and beyond in helping support this project during this time. Del Jeanne Mathews has continually made beautiful quilts to send. And, she also got her husband involved by taking quilts to Brooke Army Hospital on several occasions. Del Jeanne is moving to Oklahoma to help care for her 2 beautiful granddaughters who recently lost their mother, Del Jeanne's daughter-in-law Eirene Mathews. Not only will the guild and all of Del Jeanne's quilting friends miss her but the Wounded Warrior project will miss her too. Thanks again Del Jeanne...you're the best!

Seventeen Wounded Warrior Quilts were taken to Brooke Army Hospital in June by Carol Ramsey's son. Thanks so much for this help. This saves so much in postage if we needed to mail the quilts.

Another group of quilts will be taken in October. Several quilts were brought last night including 7 made by PieceMakers Stitch group. Thanks, ladies! If you have a Wounded Warrior quilt you need to finish or you are wanting to make one or two this year, you have a 3 month window in which to accomplish this. Bring the finished quilts to the October guild meeting. And, please put a label on the quilt. We would like for our wounded warriors to know that the Quilter's Guild of Arlington appreciates their sacrifice.

### Safe Haven Donations

*We will continue to accept travel size toiletry items throughout the year.  
ALL items should be new and unused including toiletries.*

January: Diapers, baby wipes

February: Children's socks

March: Children's underwear

April: Shampoo, brush, comb, etc.

May: Toothbrush, toothpaste, floss

June: Women's underwear

July: Feminine hygiene products

**August: School Supplies**

September: Soap and towels

October: Prepackaged snacks – Granola bars, Goldfish crackers, etc.

November: Children's toys

December: Mittens, scarves or hats

Date	QGOA Programs & Workshops at a Glance
August 13, 2013	Connie Litfin ~ Red Work
September 10, 2013	Winnie Fleming ~ Borders
September 11, 2013	<b>WORKSHOP</b> Winnie Fleming ~ Borders
October 8, 2013	Jolene Mershon ~ Free-spirited, No Restraint, Serendipity Quilting
November 12, 2013	Lisa Erlandson ~ Orphan Quilts—The Good, the Bad and the Ugly
December 10, 2013	<b>POTLUCK</b> Brown Bag Auction

# 12x12 Quilt Challenge

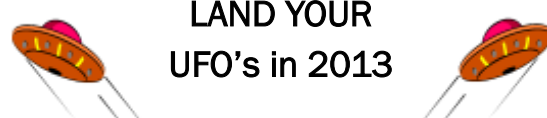
## September Theme: Pink



### Guild Refreshments

- January: C, T
- February: H, V
- March: M
- April: S, Z, E
- May: A, D
- June: POTLUCK (Board-Desserts)
- July: G, L
- August: **B, K, O**
- September: F, I, J, Q
- October: N, P, R
- November: T, U, W, X, Y
- December: POTLUCK (Board-Desserts)

Please help at the membership table; signing in & greeting members & guests during your assigned month. Please mark your calendars.



### LAND YOUR UFO's in 2013

Every time you bring a finished quilt to show off at a guild meeting that was begun prior to 2013, sign Janice's "Finished UFO Book". During the December 2013 meeting, she will draw a name from the book's entries and the winner will receive a gift certificate. The more UFOs that you finish, the more chances you will have to win!

### GUILD PRODUCTS

**ONLY 5 LEFT!**

#### Rolling Tote Bags

The rolling tote bags are black with the QGOA logo on the side. These bags are large with five outside zippered pockets for all of the notions and gadgets that you would need for taking supplies to a retreat or any sewing venture.

The bags are \$38.00 and an optional name tag is \$5.00.

Check with Linda Dickson to order yours today.



## QGQA Executive Board & Standing Committees 2013

### EXECUTIVE BOARD

President	Susan FitzGerald
Vice President	Kandy Garrett
Secretary	Barb Cain
Treasurer	Dwain Edwards
Parliamentarian	Randa Dillon

NEWSLETTER  
Historian  
Sunshine & Shadow

Jenn Haxton  
Sheila Parry  
Elizabeth Carr

### STANDING & APPOINTED COMMITTEES

#### PROGRAMS

	Kandy Garrett
	Nancy Spell
MEMBERSHIP	Carol Ramsey
Membership Asst	Gloria Speakman
Membership Asst	Betty Hancock
New Membership Asst	Jolene Mershon
Guild Products	Linda Dickson

#### GUILD ACTIVITIES

Block Party  
Presidents Blocks  
Display Case  
Retreat Coordinator  
TAQG Representative

Janice Mowery  
Janice Mowery  
Janice Mowery  
Billie Brecheen  
Libby McDuffie  
Carolyn Troupe

#### HOSPITALITY

Door Prizes	Kay Dietrick
Volunteer Hours	Barb Goodman
Golden Spool	Judy Liston
Librarian	Charlotte Humphrey
Librarian Asst	Pat Madrid
Greeting	Brenda Aigner
	YOUR NAME HERE

#### COMMUNITY OUTREACH

Susan G. Komen  
Project Linus  
Safe Haven  
Ronald McDonald

Janice Christy  
Gayle Lacerda  
Elizabeth Cooper  
Patsy Martin  
Annette Debose  
Pearly Nettles

#### WEBSITE COORDINATOR

Website

Janice Farris  
Art Parry

#### DONATION QUILT

Donation Quilt 2013	Randa Dillon
Donation Quilt 2014	Annis Clapp

#### PUBLICITY

Permanent Quilt Collection	Sherry Livingston
	Debby Rake

Email address to contact officers: [support@qgoa.org](mailto:support@qgoa.org),  
or refer to the current directory for specific  
information.



## For Late Breaking QGOA News

**You'll always know the latest information when you join the QGOA Yahoo Group; it is quick and easy. Go to the guild home page at [www.QGOA.org](http://www.QGOA.org) and click on the link.**

**If you have any questions, please contact Carolyn Hill at [sportsfn@swbell.net](mailto:sportsfn@swbell.net)**



#### IN CASE OF INCLEMENT WEATHER:

IN GENERAL, WE WILL DO WHAT THE UNIVERSITY OF TEXAS OF ARLINGTON DOES. IF THEY CANCEL EVENING CLASSES WE WILL CANCEL GUILD AND BOARD MEETINGS.

# Volunteer Hours

10 volunteers recorded 137 hours for July

Thanks to all who share the joy of quilting with others. Make sure you turn your hours in each month.

## Meet & Greet

One of the exciting things about being a member of the guild is meeting new people. Let's strive to introduce ourselves to visitors and new members this year. Also, get to know some of the current members you have never met. Perhaps invite someone for dessert and coffee or to join you at your next stitch group meeting.

## QGOA NEWSLETTER AD RATES

SIZE	1MO	3MO	1 YR
1/8 PAGE	\$7.50	\$22	\$85
1/4 PAGE	\$15	\$40	\$150
1/2 PAGE	\$30	\$75	\$270
1/2 PAGE (BACK)	\$40	\$105	\$378
FULL PAGE	\$60	\$150	\$540

All ads must be print ready and fit the size requirement. Ads must be received by the 15th of the month prior to the desired publication month. Email preferred.

Email ad to: [jshaxton@gmail.com](mailto:jshaxton@gmail.com)

Make payments to: QGOA

Mail payments to:

Jenn Haxton, editor  
717 Bunker Hill  
Arlington, TX 76011

## STITCH GROUPS

Guild members are cordially invited to join a sewing group for fellowship and stitching. Most groups have room for new members.

### Friendship Stitchers

Meets the 1st & 3rd Thursdays

10:00 a.m. at First Christian Church

Contact: Helga Smith

### Etcetera Art Quilt Group

Meets @ Lone Star House of Quilts

1st Thursday of the Month 7 p.m. to 8:30 p.m.

Contact: Denny Cornett

### The Piecemakers

Meets @ Bob Duncan Community Center

2nd & 4th Thursdays

6:00 p.m. to 10:00 p.m.

Contact: Linda McPherson

### Sew-N-Sews (NEW INFO!)

Meets @ Trinity United Methodist Church

1200 W Green Oaks Room A208

1st Monday of the month unless it is a Holiday

10 a.m. to 3 p.m.

Bring your lunch and \$3 per person per meeting as a donation to the church

Contact: Randa Dillon or Carolyn Bowden

Please let us know if you've formed an open group or want to do so  
[support@qgoa.org](mailto:support@qgoa.org)



## BLOCK PARTY

### Maple leaf Quilt Block 9

Due September meeting

Block size 14 ½"

Colors:

Background: Beige tone on tone (prints only if they read solid)

Leaves: Red, Gold, Dark Green and Light Green (or other fall colors)

Center: Dark Brown or Red (not the same as Leaves)



Background:

Cut 4 2 ½" squares for corner squares

Cut 8 2 1/8" squares for stem assembly

Cut 4 strips 2 ½" x 6 ½" for sashing

Cut 8 2 7/8" squares for half square triangles (HST)

Center Square:

Cut 1 2 ½" square

One Leaf Section: Repeat for each of the four colors

Cut 4 2 ½" squares

Cut 2 2 7/8" squares for HST

Pair up background and all four colors to make 2 7/8" HST

You will have 8 pairs to make HST for leaves. Four of each leaf color.

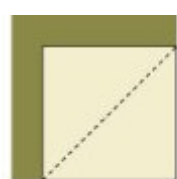
Stem assembly

Draw a diagonal line on the 2 1/8" squares

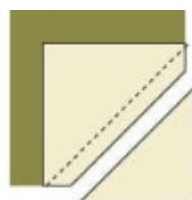
Place on the leaf color 2 ½ square, sew on line

Trim the corner piece, making sure that you are trimming the correct side.

Press open and Repeat for the other side. See picture.



1. Sew  
Diagonal Line



2. Trim Corner



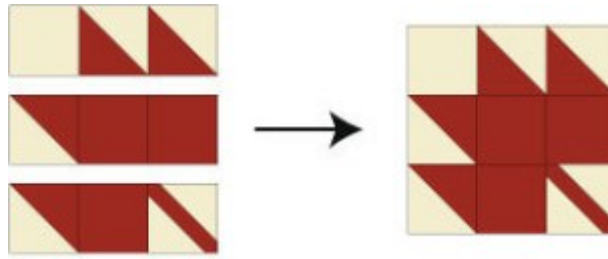
3. Press Open



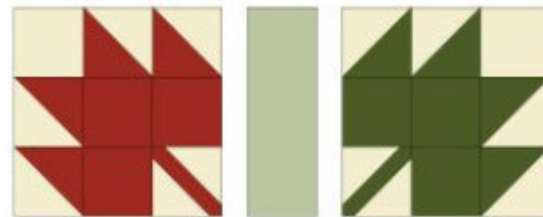
4. Repeat on  
Opposite Side



Assemble leaves



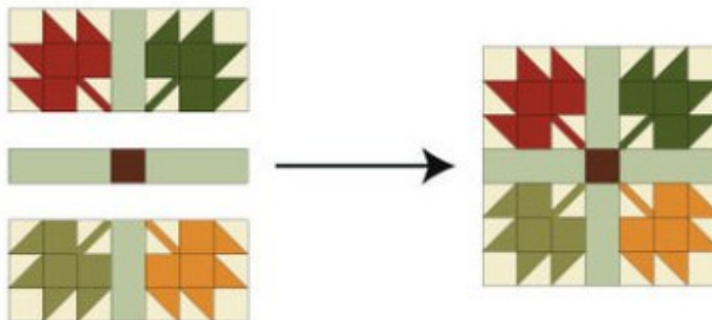
Sew leaf block to sashing then sew another leaf block to the other side of the sashing strip.



Sew sashing strip to 2 1/2" center square

Sew another sashing strip to the other side of the center square.

Attach center row matching seams



to the leaf blocks at sashing.

### Monthly Block Party Information:

This is a monthly challenge with a new block pattern each month printed in the newsletter.

There are several ways to participate:

1. You can make the block and bring it to the next meeting. Each month a name is drawn for the winner of the blocks that month. You can only get the number of blocks that people participate that month.
2. If you are like me and never win anything, we have started a group of twelve that make blocks each month. At the end of the year we have a drawing to win one set of 12 blocks. This is a good way to make friends, make something new, and maybe have 12 blocks ready to make a quilt.
3. If you do not want to win blocks, make the block in Red, White and Blue each month to be donated to someone to make Wounded Warrior quilts.
4. You can make the same block to donate to the Ronald McDonald House project.
5. You can also make nine patch blocks to be donated to Project Linus.

Janice Mowery, Block Party Organizer



# Project Linus

Dear Ladies and Gentlemen,

Lovely donations and information for August. Thanks for all your generosity. At the July meeting we received 5 kits, 1 top, and a pattern from Jolene Merhson, 3 pillow cases from the team for Janice Farris and Carolyn Chandler, 1 quilt from Randa Dillon made from a Jolene kit, 2 quilts from Nancy Spell (her own creations), fabric from Ella Rushing, a sweet crocheted blanket by Judy Liston, and especially to George Shupee' for his wonderful quilting on the three orphan pieces. Thank you also to Peggy's Quilt Studio for their donation of batting and fabric. And all please forgive if your name is omitted, and if you include your name on the blanket, I will try not to forget.

At the moment we have another SEW DAY scheduled at John Peter Smith Hospital located at 1500 S. Main St. Ft. Worth, on Friday August 23, 2013 from 9 am to 3 pm. Across from the hospital is the tall parking garage on Allen St. to use. If you save your parking stub and bring it inside for validation there is no charge for parking. We carry our machines and sewing supplies (these can be deposited at the circle drive entrance and use a dolly to take them upstairs). We assemble quilts to leave for the children. If you are unable to tote a machine please join us and we can have you tie the assembled quilts for donation. Maybe they will have time to take some on a tour through NICU. If you are coming please advise us so the hospital will count you in the food list. Don't know what they will have but last year there were muffins and juice, then box lunches at noon. Please try to join in the fun if this day is convenient for you. For questions, please feel free to contact us at: [plinusftw@att.net](mailto:plinusftw@att.net) or call Mary Ann Dew (our illustrious director) at 817-294-4625.

Linus is happy to accept donations of completed quilts, fabric, needles, cutters, thread, batting, just about anything to make a blanket so when you are organizing remember Linus kids.

Requested measurements

Finished size quilts and tops: 40" X 44"

Finished size for older kids: 57" X 43"

We also welcome: Blocks, in sets or individual; Fabric; Neutral colored threads; Batting of any size; Monetary donations for supplies

The work we do for our community and the guild enriches us and the generations to come.

My thanks,

Elizabeth Cooper

## Need some ideas for Project Linus Quilt Patterns?

Check out these links (click on the link to open the link)

### [BABY AND DOLL QUILT PATTERNS THROUGH TIME](#)

This website not only features free quilt patterns for children as well as dolls, but also several articles about the art of quilt making through history. It also has links to other quilt pattern web sites.

### [CARD TRICK BABY QUILT](#)

Create quick work of this Card Trick Baby Quilt by stacking cut triangles in their finished position.

### [CARTWHEELS THROW-SIZE QUILT](#)

Many thanks to Tierney Barden from the [SILVER TRUMPET BLOG](#) for supplying this splendid pattern in Adobe Acrobat PDF format to us. It is so fast and fun to make, you will be inspired to make many more!

### [CHANNER'S CHECKERS](#)

This delightful pattern in Adobe Acrobat PDF format was created by Elzora Channer, a Project Linus Blanketeer from Decatur, IL. The design features an interactive checkerboard quilt complete with pockets and checkers.

### ["FOR A CHILD'S DELIGHT" QUILT](#)

A wonderful pattern based upon the block "Children's Delight," published in the Ladies Art Company catalog in the late 1800s.

### [SIMPLE GIFTS](#)

A delightful pattern used by several of our Texas-area chapter coordinators at the 2009 International Quilt Festival.

### [HAPPY HEART BLOCK](#)

A delightful pattern in Adobe Acrobat PDF format full of "happy hearts" that will brighten anyone's day!

# Sunshine and Shadow

## No Sunshine Reported

Keep cool this month and send any good news to Elizabeth Carr

Elaine Grasher had Carpal Tunnel surgery on Aug 2

Patricia Eckstrom's mother-in-law passed away Aug 3

Pat Madrid is recovering from hip replacement surgery

Dorothy Koeritz' husband Ken broke his hip and had surgery to repair it by inserting a metal rod. He is now in rehab.

Sandy Hughes fell and has hairline fractures in her hip. In order to heal she needs rest and caution when getting around.

Jane Kee is undergoing chemotherapy for breast cancer



Fon's & Porter's Love of Quilting is happy to announce the extension of their special offer for their magazine. As with previous offers, QGOA is authorized to sell subscriptions at the reduced price of only \$20.00 and the guild will keep \$5.00. This offer is good until Sept 30, 2013.

More information at the Membership Table at the Guild Meeting.

## Irish You Whimsy

"Irish You Whimsy" will be on display for ticket sales at Lone Star House of Quilts during the Fall Shop Hop on September 5-7. Please consider signing up to sell tickets. Sign up sheets will be available at the August guild meeting. Thanks to those of you who have turned in money. There are still many tickets left to sell if you want to pick up additional packets of tickets.



## Et Cetera Art Quilters on Display

Stage West Theatre hosts the Ol' Vic Gallery that features fine, visual art from local, regional, and out-of-state artists. Each year, several dozen artists submit their paintings, photographs, sculptures and more for an opportunity to be selected as one of the featured visual artists during the season. The Gallery's goal is to shine a light on the very talented arts community here in North Central Texas, as well as give the theatre guests a chance to see some great art. The Et Cetera Stitch Group is honored to be among the artists included in this elite list. This is the second showing of the Et Cetera Stitch Group at Stage West Theatre. The show was a success last year and Stage West has invited the Art Quilters to show again this year. The Gallery showing runs from August 22 through September 29 concurrently with the production of "Thank You, Jeeves" from the book by P. G. Wodehouse. "Thank You, Jeeves" is a play about Bertie Wooster and his faithful servant Jeeves. The play features a full cast of characters, including tyrannical relatives, beastly acquaintances, demon children, and a banjo player.

Thank You, Jeeves

runs Aug 22 through Sept 29

Thursdays 7:30

Fridays & Saturdays 8:00

Sundays 3:00

Tickets are \$15 each plus a service fee



Stage West  
821 W. Vickery  
Fort Worth, TX 76104  
817.784.9378

**MARK YOUR CALENDARS for the QGOA FALL DAY RETREAT**

**When: Thu-Sat. Oct 3-5, 2013**

**Registration Forms available at the meeting or online.**

*Quilting Quarters*

Hand guided machine quilting services

*Let me help you turn your UFOs into finished quilts!*

Cell: 972-742-2023

Colette Wong  
colette.wong@yahoo.com

# ★ QUILT EVENTS ★

CALL FOR QUILTS  
MIDLAND QUILTERS GUILD  
2013 QUILT SHOW  
October 5, 2013  
Quilts Due August 16, 2013  
[Midland Quilters Guild website](#)

QUILT PLANO 2013  
QUILTERS GUILD OF PLANO  
"ROMANCE IN VERSAILLES"  
August 9-10, 2013  
Cost \$7 FRI & SAT 9-5  
The Plano Centre  
2000 East Spring Creek Parkway  
Plano, TX

PIECEMAKERS' 33RD ANNUAL QUILT  
SHOW  
September 30-October 25, 2013  
Warehouse Living Arts Center  
119 West 6th Ave  
Corsicana, TX  
FREE MON-FRI 10-4, SAT 10-2

TRINITY VALLEY QUILTERS' GUILD OF  
FORT WORTH  
31ST ANNUAL QUILT SHOW  
September 20-22, 2013  
Amon Carter Hall—Will Rogers Complex  
Fort Worth, TX  
Cost \$7 FRI-SAT 10-5 SUN 11-4



## Calling all Creative Designers!

It's time to get those creative juices flowing. In 2014, QGOA will celebrate a milestone. In case you didn't know, QGOA was established in 1984 and next year we will celebrate in several ways. One of those celebrations will be the creation of a t-shirt to commemorate those 30 years of quilting in Arlington.

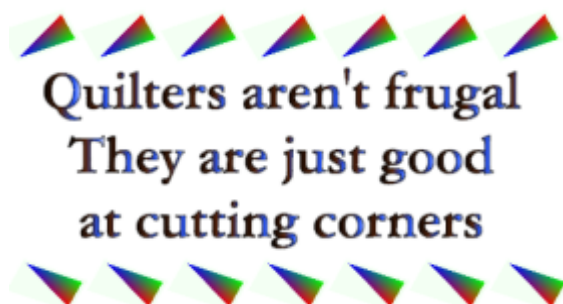
Your ideas for this special t-shirt are needed. We would like to have all ideas and suggestions within the next three months.

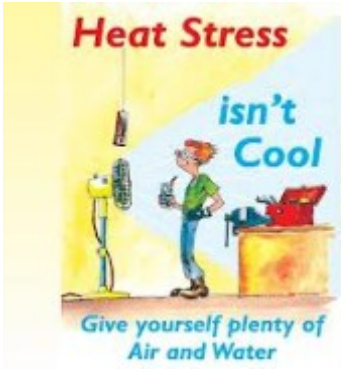
Please bring your ideas and creative drawings to the guild meetings so that a special shirt can be created.



## July Show and Tell

Presented by	Name of Quilt	Maker and Quilter	Description
Kathy Kaju	Unnamed	Kate Adele Hill	1910/1920 silk? Texas quilter all done by hand. Lived in Schleicher County
Sandy Boice	N/A	Sandy Boice	Sept 2011 issue of Texas Monthly magazine with an article on antique quilts—Page 145—will go into the guild library
Darleen Jordan	Purse	Darleen Jordan	Breezy Weave Bag
Sheila Parry	Mary's Wedding Gift	Embroidery by Mary Boyd and Sheila Parry; Quilter Sheila Parry	Double wedding ring stamped embroidery quilt
Randa Dillon	Merry Christmas, Warrior	Made by Ella Van Hoozer Quilted by Randa Dillon	Wounded Warrior quilt
Randa Dillon	Linus Quilt	Randa Dillon	Kit cut out by Jolene
Nancy Conner	Vietnam T-Shirts	Nancy Conner	T-Shirt Quilt to remember trip to Vietnam in 2012
Nancy Conner	Find It	Nancy Conner	49 Blocks with kid prints
Linda McPherson	13 Various Quilts	Piecemakers and Friends	7 Quilts to give to Pantego Fire Dept; 6 quilts to give to Wounded Warrior
Patsy Martin	Table Runner	Patsy Martin	Table Runner
Elizabeth Cooper	Polkadots and Stripes	Nancy Spell	Project Linus Quilt
Elizabeth Cooper	Cherries Galore	Nancy Spell	Project Linus Quilt
Elizabeth Cooper	3 Quilts	Made by Unknown Quilted by George Shupee'	Donations quilts for Project Linus
Kay Dietrick	Fans	Made by Martha Lou Cochran, Quilted by Martha Lou Cochran and Ophelia Graham	This month is the 100th anniversary of my mother, Martha Lou Cochran's birth. She made this quilt for me in 1986. By today's standards, she did a lot of things "wrong". The fabric is poly/cotton, the batting poly. It is hand quilted. This quilt is used and love. When I got it, I told my husband I wasn't putting it up to use "later" because who is going to love it and appreciate it more than me? If you have a favorite anything, use it!





### Some Easy Tips to Beat the Heat:

Despite the severity of the dangers posed by overexposure to summer's heat, there are easy ways to minimize your risk

- Wear light colored, loose fitting clothing.
- Wear a wide brimmed hat to shade your face.
- Be sure to stay properly hydrated by drinking more than your usual 64 ounces of water per day. However, do not drink sugary drinks as they will actually increase dehydration.
- Avoid getting sunburned as it negatively affects the body's ability to cool itself.
- When you are outdoors in the sun take frequent breaks in the shade or in air-conditioned places.
- Avoid exercising outdoors, especially during the hottest part of the day, but if you do decide to venture out make sure to drink 8 ounces of water every 20 minutes, even if you are not thirsty.
- Avoid or at least limit alcohol and caffeine consumption as they are both diuretics and will cause your body to lose even more water.



## Show and Tell

Date: \_\_\_\_\_

Presented by: \_\_\_\_\_

Name of Quilt: \_\_\_\_\_

Maker of Quilt: \_\_\_\_\_

Quilter (if different): \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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