



Thoughts from the Pres:

It's Quilt Show Time!! In January this event seemed very far in the future; by May it was getting serious, and during this past month some of us have been in panic mode getting bindings done, sleeves and labels put on. And now we can relax and enjoy the show.

As you're reading this newsletter hopefully you're on the way to Irving or have just been there enjoying the garden of beautiful quilts. Enjoy your time on the volunteer activities, discover some new technique of material, learn more about your craft while you're there.

I can't wait to see all your beautiful work. I wish recognition for all of you, for your creative work, whether it's a ribbon or the congratulations of peers who understand what you go through to produce such magnificence.

Join us at the August general meeting where we have member to member skills sharing and bask in the glow of some award winning quilts.

Christine

"Throw Kindness around like Confetti!"

Ronald McDonald House Charities QGOA Quilt Challenge Winners!



Challenge Fabric

1. Lana Ogden "My Future is so Bright I Have to Wear Shades" quilted by Carol Hoes.
2. Elizabeth Cooper "Looking Up" quilted by Phyllis Borton
3. Judy Liston "Cool Cat" quilted by Veronica Mowery.



Non-Challenge Fabric

1. Lana Ogden "C stands for Cookie" quilted by Carol Hoes
2. Cynthia Berend "Theodore the Turtle" quilted by Carol Hoes
3. Randa Dillon "On a Whim" quilted by Randa Dillon.



The QGOA Board meets on the first
Tuesday of the month
The August Board meeting will be via
ZOOM @ 6pm. Watch for a zoom link
sent a few days before the meeting by
Christine Weiss.

QGOA's July Library picks

National Friendship Day is the first Sunday in August. Our guild takes pride in our multiple stitch groups. Our members are invited and highly encouraged to join one, or more, or even all, of our stitch groups!!! I'm sure many of our members can agree with what Barbara Cain said during her Past Presidents Trunk Show in June. She mentioned how her friendships have become the most important aspect of her quilting journey. Remember, she shared her quilt Lost Socks, which was a block swap she started with one of her stitch groups. Whether you belong to a stitch group or just have a few fellow quilters you are close with, I urge you to check one of these two books out and start a block swap of your own!

***Simple Strategies for Block-Swap Quilts** by Lynn Roddy Brown

***Stitched Together: Fresh Projects and Ideas for Group Quilting** by Jill Finley

Also, many of y'all have grandchildren y'all are watching over these summer months.

Checkout our latest library addition, **Creating Children's Artwork Quilts** by Shannon Shirley, our speaker this past April.

Questions? Contact Veronica Mowery
This link will open a PDF file for the Library Catalog by [Author](#), [Category](#), or by [Title](#)

MANY MINIS Stitch Group

We will be taking the summer off; we'll resume sewing cute little quilts in September on the 1st and 3rd Wednesdays at Holy Cross Lutheran Church on Arkansas (SW Arlington) from 9 AM to 2 PM, feel free to bring a lunch and stay the entire time, or drop in any time. Mini Thanks to Lea Bailey and Maria Freitag for graciously hosting us all these months. Questions? Contact Christine Weiss

Celebrating 40!

I'm still looking for your Celebration Blocks! Please bring your completed Celebration Block to the August general meeting, or Friendship Stitchers on August 15th!

Don't have a Celebration Block? The pattern is [here](#) and doesn't take long! There's still time to get one made! You can turn it in at the or the September 5th Friendship meeting.

Just get it to me anytime before the Guild's General Meeting on September 10th.

Remember to invite your friends, family, and former guild members!

***Thank you!
Rose Kauhane***



SafeHaven



Thanks to all who helped make July a BANNER MONTH! The retail value of our donations is \$547! Donations included \$10 cash, 2 large boxes of baby wipes, loads of Bath & Body Works products, razors, ladies panties, lots of shampoo & conditioner, socks, vitamins, over the counter medications, baby toys, and first aid kits.

Immediate needs are now listed as bras, underwear, leggings, deodorant, body wash, shampoo & conditioner, baby bottles & brushes, large bath towels, twin XL bedding and diapers.

Lets make August as awesome as July was!
Lauren Crespo

Quilters' Guild of Arlington Celebration Block



During our **40th Celebration in September**, we will proudly display members' Celebration blocks. If you remember, those were returned to you a few years ago. However, if you don't have one (like me!) you can make one.
Debbie Hood

Makes One Twelve Inch Finished Block

Please review all instructions before making the block. Must be a light star in dark/medium background, block may be no larger than 12.5".

Need: 1. FABRIC A - 4.5" x 36" - MEDIUM TO DARK 2. FABRIC B - 2.5" x 20", plus 4.5" square - LIGHT that is suitable for name to be seen, no strong prints; 200 ct. muslin or plain fabric is suggested. 3. Batting - 13" square 4. 13-14" square backing fabric 5. Binding fabric - two 40 - 42" widths of fabric; cut 2.5" strips, miter for one strip, double fold

Cutting Instructions

*If you are going to heavily quilt, embellish or appliqué the block you may want to cut the pieces 4.5"x 5", then square up block to 12.5". Be careful to put star points on 4.5" side.

Cut 8* - 4.5" squares of medium to dark fabric - FABRIC A If using a fat quarter, cut along short side (18") must be at least 18"; two strips of 4.5". This will allow for 13" square for backing.

Cut 1* - 4.5" square light fabric - FABRIC B **You may wish to embroider your name and „Member Since” line** before constructing the block

Cut 8 - 2.5" squares of same light fabric - FABRIC B

Cut 1 - 13-14 " square of backing fabric, may be same as A or different

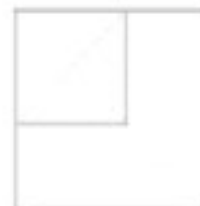
Cut two 3" squares of either your backing or binding material, for „hanging corners”

Cut 1 - 13 " square batting

Cut two (2) widths of fabric (40-42") cut 2.5" strips for binding.

Assembling Block - sew all seams with 1/4" accurate seam width

1. The star points are made using the stitch and flip method: Place a 2.5" sq. of fabric B in the corner of A with the right sides of the fabrics facing each other. With a pencil and ruler, mark a diagonal line on B from the corner to corner as shown. Sew on the line.
2. Trim patch 1/4" from sewn line. Press it gently to corner.
3. Repeat with another B patch on adjacent corner to create star points. Make total of 4 matching units for each of the star point units.
4. Join the matching units into rows with A patches as shown above; press the seams allowances toward the A's; middle row to B patch. Sew the rows together to complete the star block.



Finish

1. Quilt the block. You may embellish and quilt as desired to personalize your block! It cannot be larger than 12.5" square, so do nothing to extend size or 'dangle' off block.
2. Please make two „hanging corners”, see below for instructions.
3. Sew on the binding to the block.
4. Sign block in at least 3/4-1" lettering in middle of center square with permanent fabric pen or embroidery. Include this line under your name: Member Since - fill in year you joined QGOA!

Hanging Corners - Corner Triangles for Hanging a Small Quilt

1. Cut two 3" squares of your backing or binding material.
2. Fold in half diagonally. Press.
3. Align the folded triangles on the back of the quilt to the TOP right and left corners, raw edges even. Pin. Double check you placed the corners on the top corners!
4. Sew on the binding in your usual method.

Blocks will be retained by the QGOA for future exhibits.

Sunshine and Shadow

Linda McPherson

Sunshine:

**Maria Freitag underwent genetic testing for breast cancer and was negative across the 9 Gene markers. So no hereditary predisposition!!!! YEA!!

Shadow:

**Anne Jones' husband David passed away recently. She hasn't been able to attend much the last couple of years. Click for his [obituary](#).
**Carolyn Troupe spent time at Harris Southwest Hospital with a rare of Pneumonia.
** Maria Freitag had a lumpectomy on July 22, it went well, although the labs came back definitely showing Ductal Carcinoma, low grade and non-invasive. The dr went back in again to clean out the cancerous calcifications on July 30. She is doing well and recovering nicely.

*** Cards are always such a warm touch when someone is having a good/bad day and their dear friends take the time to send a card. Also, if you or any of your friends have sunshine or a shadow they would like in the newsletter, please let me know.

Welcome to our New Members!!

Laural Lipari
Wanita Lucas
Teena Peterman
Christina Pickett

QGOA Membership

The end of the grace period for QGOA membership renewal is July 31. If you have not renewed your membership as of July 31, but decide to renew within a few days of receiving this newsletter, we cannot guarantee your inclusion in the 40th anniversary QGOA Membership Directory. We are going back to a printed directory, so we have a must-go-to-the-printers deadline of August 15. Plans are to distribute directories at the QGOA 40th anniversary celebration at our regularly scheduled meeting on September 10. We realize life gets in the way and some of

Booth Buddies

This sewing group met in July to sew patriotic items for the quilt show. We'll be selling some shabby style vertical flag banners (small and large versions available), a patriotic framed graphic, and some patriotic card holders.

We will skip August and September, but our group will begin sewing again on Oct. 24. It's never too early to start sewing... We have lots of fun, but do accomplish our tasks. A BIG thanks to those who came to sew, cut, assemble, advise, etc. especially Sarah Reed (lost her picture off the phone somehow), Randa Dillon, and Susan FitzGerald.
- Lea Bailey



us move on to other interests (or even other guilds, oh my!). If we don't receive your renewal for the July 1, 2024 - June 30, 2025 membership year ASAP, we will be removing you from the QGOA membership during the month of August. This means you will no longer receive the QGOA newsletter or other informative e-mail blasts, nor get to attend our workshops or our retreats (oh no!). We will miss you. As for those of you who have renewed your membership promptly, we thank you for your continued interest and support of the Quilters' Guild of Arlington.
Leslie Wagner



Dear Ones, its about to get really warm (HOT). I'm not ready but it's coming. The quilt retreat was excellent. Thanks to all the organizers and the support team. ***It's August and this is the month that Project Linus does not meet*** at Westminster Presbyterian Church on Trail Lake in Fort Worth. **We will meet again in September the 2nd Thursday at 9 ish.**

August 8th is the last opportunity to turn in your Snowball Express blankets to be shipped to the kids in Florida sponsored by the Gary Sinise Foundation. It's early but the group has grown much larger than before and it takes more time to prepare blankets and sort them so the kids have a big choice. This year it is also including children of first responders lost in active duty. These are all children having to face the future with the loss of a parent. They are all courageous and it is our privilege to make a blanket/quilt especially for them to cuddle and feel warmth of love. If you have any questions about measurements etc. call me or check the instructions [here](#). These need to be pretty big blankets/quilts because these kids must be at least 5 to participate and all the way up to 18. Please keep this in mind as you create your beauty. And if you have others for our local hospitals, please bring them also. Sadly we continue to have children in hospitals that need a blanket of comfort. And they need us to brighten their days.

Special thanks from Project Linus goes out to: Jolene Mershon, Elaine Grasher, Phyllis Borton, Kayleen Farrington, Sharon Ligon, Susan FitzGerald, Robbie Colley, Patricia Eckstrom, Gabriel and Jacob Eskstrom, Eliza, Brooklyn and Ella Muzzi, Linda McPherson, Joyce Clark, Dora Loughan, Janice Mowery, Randa Dillon, Shirley

Johnson, Lauren Crespo, Sarah Munoz, Patsy Martin, Cynthia Berend, Veronica Mowery, Dottie Hughes, Cindy Worman, Elizabeth Carr, Debbie Hood, Judy Liston, Debra Ware, Nancy Spell Kay Olson, and anonymous. Thanks to those that attached your name to your donation it helps.

Certain hospitals ask for certain conditions. For smaller kids 44 X 40 and for larger kids at least 50 X 60 and even larger if you want. These kiddos are not judges they love bright colors, cartoon characters, marvel characters, fleece, flannel, animals, cars, fish, anything that is uplifting. You all do a super job and all the quilt/blankets get lots of love. Please continue to help these kids heal with your kindness. Many thanks to all who contributed your time this month (and any month before) to help our kids. Thanks e.

BOOK CLUB/NOVEL READERS

Attention avid readers and those who just like to sit by the water with a cool drink and a good book. For August we will discuss "The Seamstress of Sardinia" by Bianca Pitzorno. For September we've chosen "The Thread Collectors" by Shaunna Edwards. And in October we'll talk about "The Dressmakers of Auschwitz" by Lucy Addington.

Meet us on the first Tuesday of each month at Chicken Salad Chick in the Highlands shopping area @ 1:30 for food and lively discussion. All are welcome! Questions or suggestions? Contact Christine Weiss (most of our book selections are available at Amazon, many free in Kindle Unlimited @ low \$, or through the public library)



SNOWBALL EXPRESS HONORING THE FALLEN

The Snowball Express holiday season gathering is one of the two Project Linus national efforts to which we can provide blankets to support children of fallen military heroes. This year, the second session is for fallen first responders. Learn more about Snowball Express [here](#). This year's effort once again in Orlando, will need about 2500 blankets. Kid ready blankets will be accepted Sept 1 through October 31, 2024. Shipping information will be published in late August. *Please do not use previous year information.* All blankets *MUST* be handmade of *NEW*, washable materials, from smoke free environments, and *FREE of SCENT* such as fabric softener.

Specifications

- ◆ Make sure that the blankets are of all new materials: quilts, fleece, knitted, or crochet.
- ◆ All blankets must be 45 X 60 or larger. No exceptions. The children who attend must be at least 5 years old, so we do not need baby blankets. So, 1 ½ to 2 yards of fleece makes a nice blanket. See projectlinus.org for finishing patterns.
- ◆ For fleece tied blankets, please make sure that they do not have selvages, are ONE layer only, and that they lie flat after finishing.
- ◆ Chapters should securely sew on a Project Linus National label. Nothing else, no extra tags or notes. No glue or iron on please. Sew them on flat and secure all four sides, please.

- ◆ Do not wrap up the blankets in any way. No individual plastic bags, no yarn or bows, nothing. We just have to take those off for sorting.

Theme – DO's!

- ◆ Service-specific blankets are our greatest request (Army, Navy, Air Force, Coast Guard, Marines in that order). For the first responder session, fire and police themes are appreciated.
- ◆ Next favorite are Star Wars, Superheroes, Minions, Disney, and camouflage.
- ◆ These kids also like popular themes so we need plenty of sports, cartoon characters, cheer, gymnastics, puppies, kittens, horses, lady bugs, any animal, etc.
- ◆ We do want blankets from National major league teams (NFL, MLB, NHL, NBA)!
- ◆ The kids loved the blankets that were entirely crocheted. They also loved the chunky chenille crocheted blankets.

Theme - DON'Ts!

- ◆ DO NOT send any blankets that closely resemble the US flag. Flags are draped over caskets at military and first responder funerals and may remind of that terrible day. (Flags within a print or other red, white & blue are ok.)
- ◆ No College teams/logos – we can't know where kids are from or who they support.
- ◆ No Christmas or specific holiday-themed blankets. We want the kids to love and use their blankets year-round.

This is one of the few times we use blankets outside our chapter area agencies.

Felted Wool Gathering (The Woolies)

Meets @ Quilt Among Friends
2238 Michigan Ave., Arlington

4th Monday of the month @ 1030 am – 3 pm

Bring 2 canned goods for food pantry.

Contact: Gayle Lacerda

NO WOOLIES IN AUGUST

The Sewcial Bee

4th Tuesday of the month @ 6:30 pm

Bring a handwork project or a show-and-tell!

Contact: Sharon Ligon

Many Mini Stitchers

Meets @ Holy Cross Lutheran Church, 4400 W.
Arkansas Ln. Arlington, 76016

1st & 3rd Wednesday of the month @ 9 am

Bring sewing machine, iron, etc. and a miniature
quilt project to work on!

Contact: Christine Weiss

RESUME MEETING IN SEPTEMBER

Friendship Stitchers

Meets @ First Christian Church
910 S. Collins, Arlington

1st & 3rd Thursdays @ 10 am

Contact: Helga Smith

Project Linus

Linus is meeting regularly from 9:30 to 2-ish at
Westminster Presbyterian Church at

7100 Trail Lake Dr., Ft. Worth. We meet on the

2nd Thursday of the month

Contact: Elizabeth Cooper

NO MEETING IN AUGUST

Piecemakers

Meets @ Bob Duncan Community Center

2nd & 4th Thursdays @ 6 pm – 10 pm

Contact: Debra Ware

Booth Buddies

Meets @ Holy Cross Lutheran Church
4400 W. Arkansas Ln., Arlington

4th Thursday of the month @ 9:30 am – 2 pm
(meets most months)

Bring sewing machine, iron, cutting tools

Contact: Lea Bailey

RESUME MEETING OCTOBER 24

Etcetera Art Quilt Group

Meets @ Quilt Among Friends
2238 Michigan Ave., Arlington

4th Thursday of the month @ 7 pm

Bring 2 canned goods for food pantry.

Contact: Donna Atkins or Rose Kauhane

Military Quilt Project

Quilt Show. Check!

Donation Quilts, Military Quilt Project...

Wow, the year is flying by so quickly. I will be collecting your military quilts at the October meeting so I can get them to Fisher House in November, before the holidays. Can you imagine the comfort our quilts could give to someone experiencing medical needs at the holidays?

Please, laundry and label your quilts before donating. I have printed labels available at guild meeting. If you need help getting your quilt prepared, please let me know and we will work something out. They are very grateful for any quilt we donate.

While any size is great the following sizes are suggested:

55 x 65 to 72 x 90

ideal size 55 x 65

I have fabric available as well as backing fabric. If you have made a top and are unable to quilt it, we have a few wonderful longarm quilters that will help with a few. Once quilted you can finish with the binding and a label. Many hands make light work. Let's all work together to show our appreciation to those who served.

Cindy Bergman

Save the Date!

CACTUS ROSE

2024 FALL

QGOA AWAY RETREAT

SEPTEMBER 19 - 22 (THUR - SUN)

Cost \$200.00



Please note:

Away Retreat registration will open for member sign ups. It will be first come first serve to secure a spot.

President's Block

Our newest president, Christine Weiss, has picked her block and what a beauty it is! Christine would like a paper pieced log cabin that she was nice enough to print off for all of us. The paper blocks are marked in each section for fabric color placement to make it super easy. Then she took it a step farther and cut out our center fabric for us. The center is a vibrant mustard color. The color palette she chose is one of whimsy and flavor... think a bowl full of berries (jewel tones, not brights) as you are looking through your fabrics for the perfect pieces. She said, "scrappy is great!" It is a quick and easy one to mark off of your to-do list. I have already received a few blocks and this quilt is going to make our mouth water when it is done. I will have the paper with pattern on it and center block at every guild meeting, so just find me to get started supporting our president in making this a quilt to remember. ***We ask that you leave the paper on, don't trim the block and please sign your name on the paper.***

Refer to the photos for color examples.



Happy Birthday

Juliann Chambers
Patricia Eckstrom
Marie Eggleston
Katie Favara
Linda Frey
Kathy Hester
Denita Kionka
Dorothy Koeritz
Sherri Lauritsen

Sherry Livingston
Janice Mowery
Sarah Munoz
Carol Staehle
Shelly Uggen
Christine Weiss
Sofia Zamarripa



2024 Donation Quilt

Many thanks to Debra Ware for the donation of our 2024 Quilt.

The board is in need of someone to volunteer to be the 2024 Donation Quilt Coordinator as well as an Assistant. Please consider doing this worthwhile job. You don't have to travel with the quilt unless you choose to (although it lets other guilds help our money making efforts). You can set up at each monthly guild meeting. The raffle quilt is one of our major money-making projects. It helps to pay for our speakers, like our well received speaker, Carmen Geddes of Ten Sisters!

Excerpts From QGOA Celebrates 30 Years

From Breads and Rolls section

BROCCOLI CORNBREAD

2 boxes Jiffy cornbread mix
1 sm. onion, chopped
1 (10 oz.) pkg. frozen broccoli pieces,
partially thawed cut any large pieces
1 sm. can diced jalapeños if desired,
drained
4 eggs beaten
1 (8 oz.) ctn. cottage cheese, large curd
1 1/2 sticks butter
Preheat oven to 350°. Melt butter in 9X13
Pyrex dish. Mix all other ingredients together
well. Spoon batter over melted butter. Bake 35
min. Freezes well. Cindy Bergman

CARAMEL HEAVENLIES

12 graham crackers, 4 3/4 inches x 2 1/2
inches
2 c. miniature marshmallows
3/4 c. butter
3/4 c. brown sugar
1 tsp. ground cinnamon
1 tsp. vanilla extract
1 c. sliced almonds
1 c. flaked coconut
Line a 15-in. x 10-in. x 1-in. baking pan with
foil. Place graham crackers in pan; cover with
marshmallows. In saucepan over med. heat
cook and stir butter, brown sugar and cinna-
mon until the butter is melted and sugar is dis-
solved. Remove from the heat; stir in vanilla.
Spoon over the marshmallows. Sprinkle with
almonds and coconut. Bake at 350° for 14 to
16 min. or until browned. Cool completely. Cut
into 2 in. squares, then cut each square in half
to form triangles. Yield: about 6 dozen.
Elizabeth Carr, Dawn Burns, Troy, Ohio

From the This & That section

GREAT GRANOLA

6 c. old-fashioned oats
1 c. flax seed (gold or brown, they do taste
different)
1-2 tsp. ground cinnamon
1 tsp. ground ginger (if you like it)
1 c. unsalted sunflower seeds
1 c. sliced almonds
1 c. broken pecans
1 c. broken walnuts
1 c. broken cashews
1 c. pumpkin seeds
1 c. unsalted pistachios
Add any other nut that sounds good.
2 T. coconut, canola, or grape seed oil
1/2 to 3/4 c. honey or a mixture of 1/2 to 3/4
c. of honey, maple syrup, and or molasses
Heat oven to 300 degrees. In a large mixing
bowl, combine dry ingredients and stir. Add oil
and stir well. Heat the honey just a bit in the mi-
crowave. Add it to the dry mixture. Stir mixture
well. Spread granola evenly in a large pan with
high sides. Bake 40 minutes, stirring every 10
minutes. Remove from oven. Cool. Store in an
airtight container. Serving size is 1/2 c. Its great
with plain non-fat yogurt. I haven't tried it, but
nutmeg and / or allspice could be good addi-
tions. Becky Goldsmith
*Note: Becky Goldsmith is lecturer and co-
author Piece of Cake designs. Her fourth book
is The Best Ever Appliqué Sampler. Becky says
she eats this every day.*

PECAN PRALINE SAUCE

2 c. white corn syrup
2 c. dark corn syrup
2 c. pecan halves or pieces, toasted
1/2 c. cane syrup
1/2 c. sugar
1/2 c. water
1 tsp. vanilla

Toast the pecans at 350° for a few minutes.
Cool. Combine dark and light corn syrups. pe-
cans, cane syrup, sugar and water in a sauce-
pan; heat and stir to dissolve sugar. Remove
from heat and cool. Add vanilla. Yield: 7 cups.

*Note: This sauce in a little canning jar with a
ribbon is a great gift. It is a little dangerous to
have at home, because you eat it on every thing!*
Carole Armstrong

2024 Summer Day Retreat Fun!!









Patricia Eckstrom and her grandchildren brought in several blankets they had made for the Linus Project

