



Thimbles & Friends Quilt Guild Newsletter

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Board Members 2014-2015

Chair: Rose Perry

Co-Chair: Jeanne Aurelio

Treasurer: Cathy Hodges

Co-Treasurer: Joanne Donovan

Secretary: Chris Thierfelder

Charity:

Joyce Hochstrasser/Jo Fruzzetti

Facilities: Pat McCollem/Pat O'Leary

Membership/Hospitality:

Louise Wilson

Newsletter Editors:

Julia Blanchard/Jill Lillie

Programming: Member Volunteers

Have Something to Say?

Send newsletter submissions to
Julia at Julia.Blanchard@comcast.net and
Jill at scruffsmom@comcast.net

Guild Website:

<http://www.thimblesandfriends.org/>

Greetings from Hanson

Hi everyone. Are you all managing to slog through the winter? This has been a tough one, no doubt about it, but somehow we get through. I did see patches of green poke through the snow the past couple of days (that is, until this morning's contribution from above), so hopefully we have turned a corner and spring warmth and colors will be here soon.

A winter like this can sometimes get you down (it does me, anyway) and interfere with the things you really want to do, but I can tell that spring is in the air when I get the urge to clean out—and what better place to start than my sewing room? Not only did I find fabric for the show raffle baskets, I made room for more! Show time will be here before we know it!



~ Jill

From the Chair

Dear Ladies,

I imagine most of us are watching in anticipation as the weather warms and the snow melts. (Even though as I write this there is a frigid wind blowing and a forecast of 2 to 4 inches of snow tonight!) I have seen crocus shoots near the foundation of my house where the warmth from the house melts the snow first. By the time you receive this newsletter, Spring will have arrived. With the Spring comes a crop of quilt shows in March, April, and beyond. Just as the maple syrup starts flowing, get your creative juices going by visiting a quilt show. There is always at least one quilt that inspires. So what if you have 4 or 5 (or more!) quilts in the works, it is always so exciting to start something new. And maybe you will be inspired to try some of the tips we will learn from Adele Scott at the April 4th workshop!

Just a reminder, due to the workshop, there will be no business meeting in April. If there is business you'd like to bring up to the guild, or have any questions, please contact Jeanne and me by April 2nd, and we'll put together an email with this last-minute information for distribution to the guild before the April meeting. Kind of an electronic business meeting!

Happy Quilting - Rose



Upcoming Quilt Shows

Covenant Congregational Church

204 Center Street, No. Easton, MA
 Saturday, March 28, 2015
 9:30 a.m. – 3:30 p.m.
 Admission: \$5.00, Luncheon: \$7.00

All proceeds go to support Science With a Mission, a program that makes and delivers medical diagnostic kits to the third world.

Plymouth County Cranberry Quilters

April 11, 2015
 First Congregational Church
 254 Main Street
 Plympton, MA
 10 a.m. – 3 p.m.
 Admission: \$7.00, Luncheon: \$10.00

Silver City Quilt Guild

September 19 & 20, 2015
 Friedman Middle School
 500 Norton Avenue
 Taunton, MA

Newsletter Note: Just click on the picture of any quilt to see the Web page it came from.



Meeting Dates

April 4	Adele Scott workshop – Tracey Phillips
May 2	End of the year party – Joanne Donovan <u>Joanne needs another person to help with the year end party at the May meeting.</u>

April Meeting

For the April meeting we welcome [Adele Scott](#), who will lead a workshop on ways to deal with the bulk of machine quilting. Learn some of the creative ways quilters have come up with to solve this problem. The right prep, products and techniques will get you quilting those larger quilts. Any quilt can be quilted in “sections”, but the method you use will depends on the quilt pattern, at what point you decide to “quilt as you go”, and the materials used.

Please let Tracey know if you can provide an iron and/or cutting mat for the classroom. We will need two of each.

This workshop is scheduled to end at 2:30 PM, so you may want to bring your lunch!

Student supply list:

Good sewing machine [must do zigzag] with all regular accessories, including walking foot, ¼” foot
 Neutral colored thread
 General sewing supplies – scissors, pins, fabric marker, rotary cutter, ruler etc.
 #505 Quilt Basting Spray or #101 Web Bond [optional]
 Any quilt patterns, pictures or existing quilts to discuss if you’d like

Kit fee for provided workshop materials payable to Adele Scott: \$20 (REQUIRED)

Instructor fee payable to Cathy Hodges: \$5 (REQUIRED)

Here are some of the products Adele will have available for purchase:

#101 Web Bond [Fabric Glue Stick]
 Bargello bag and Table-runner pattern
 Frixion marker, white chalk marker
 Q tools Cutting Edge strips
 Rotary cutters & rulers, flower head pins
 Marti Michell batting tape
 Wonder Tape
 Fun & Done Patterns
 Batting Buddy
 Books – Baffling Your Quilt – Aunties Two
 Machine Quilting in Sections – Marti Michell

~ Tracey



Thanks to Donna Babchuk for hosting the Luella Mann Love of Aprons workshop.



FreeCycle Table

The Freecycle table continues to be a great success. I thank everyone who has contributed so far both by donating and picking up items. Please feel free to bring in any sewing item or fabric you do not find useful anymore in the hopes that will be helpful and inspiring to someone else. Non-sewing items can also be brought in. At the retreat a ceramic pumpkin, beaded jewelry box, and garden ornament were donated and found a loving place in someone else's home.

Items brought in do not need to be taken back home with you. I will store and bring them to the next meeting. Items remaining on the freecycle table for three or more months may eventually be donated to a local charity to make room for new items. Remember, what is one man's trash is another man's treasure!

Thank you for your support.

~ Gina

May Tea

Spring is almost here and by May 2 the SNOW WILL BE GONE!!!! (I hope.) Our May Tea is almost here and I still need some help with the preparations. The following ladies have signed up to bring food, listed as follows by food categories:

Baked Goods: Cathy H. Louise W, Maggie, Nancy, Joanne F.

Fudge: (no name)

Cheese/Crackers: Sue-Ellen, Jill

Fruit: Chris, Joyce H., Barbara W.

Hot Foods: Sheryl (Quiche), Jeanne A.

Kugal: (no name)

Cold Foods: Brenda C (salad), Jo Abbott (sandwiches), Linda (finger sandwiches)

Drinks: Rose (water), Linda R. (juice), Joanne D. (coffee and tea)

If you want to bring something, please send me an email. We have 40 members and you never know, we could have 100% attendance!!

In the spirit of Downton Abbey wear your favorite pearls, bring your favorite tea (or coffee) cup, and your best spring hat! Think, Pray for SPRING!!!!!!

~Joanne Donovan

jodono123@gmail.com



Membership

Membership in T&F is at capacity. As a reminder, if any member of your family is celebrating a happy event and you would like us to pass that information along to our members or if anyone needs a kind word or two, please let me know.

~ Louise

First Quilt/Last Quilt

It has been fun seeing our members' initial efforts with quilting, and how they've progressed with the quilts on which they are currently working. As a reminder, there will be no First Quilt/Last Quilt at the April meeting due to the workshop. At our last meeting in May, Donna B, Gina S, and Maggie P will be sharing their first and last quilts with us. Thank you to everyone who shared with us this year!



Executive Board Sign-Ups

Thank you to everyone who signed up for Board positions for the 2015-2016 guild year. Please consider volunteering for one of these positions. We will be passing the list around again during the April workshop. If you are not attending the workshop and would like to volunteer, please email Rose (rose.perrymail@gmail.com) and Jeanne (jeanne.aurelio@icloud.com) with your interest. Elections will be in May.

Did You Know....

Not only does quilting make you happy, it's good for your health. According to researchers at the University of Glasgow who studied a local quilting group, quilting can enhance well-being in a way that would not be replicable through outdoor/physical activity.

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. Studies found the sense of accomplishment from quilting increases your reward chemicals and decreases the chemicals related to stress or anxiety. Additionally, quilting is a soother for the brain and an easy way to embrace creativity, with the use of different colors and textures providing a sense of wellbeing.

The tangible end result of quilting is a built-in reward that offers plenty of satisfaction and the feeling of achievement. And the compliments given during the social aspect of quilting as a group provide inspiration and boost self-esteem.

In other words, quilting is good for you! But we already knew that! For more information, read [Surprising Benefits of Quilting](#) by Jillynn Stevens, Ph.D.

Thanks to Chris for suggesting this article.

Monthly Meeting Coordinator Sign-Ups

Let's make our 2015-2016 guild year as fun and educational as this year has been. Do you have a teacher that you always wanted to learn from? Have you heard about a great trunk show from friends in other guilds? Is there a skill you'd like to share? Please consider volunteering to coordinate one of our monthly meetings. We have openings for coordinating the Bus Trip to the Gathering (November 7), the November 14 meeting, the December 5 holiday party, the January 9, 2016 meeting, the March 5 meeting, and the May 7 end-of-year party. We will be passing the list around again during the April workshop. If you are not attending the workshop and would like to volunteer, please email Rose (rose.perrymail@gmail.com) and Jeanne (jeanne.aurelio@icloud.com) with your interest.



Quilt Show Raffle Basket Items

It's not too early to think about the raffle baskets for the October quilt show. Mary Davis and Linda Robbins are soliciting items for the following basket categories:

- Beginner Quilter
- Advanced Quilter
- Barbeque
- Pamper Me
- Patriotic
- Autumn
- Holiday or Winter
- Scratch Ticket
- Tea Cozy

Visit the [T&F Website](#) for more details.

Quilt Show Reminders

- Theme: "The Wonder of Nature"
- Show Dates: 10/10/15 and 10/11/15 10 AM – 4 PM
- Set Up Friday 10/9/15 Take Down after 4PM Sunday
- See Margaret Rooney for your raffle quilt tickets—each member is expected to sell or buy at least \$10.00 worth (\$1.00 each or 6 for \$5.00). There is a prize for whoever sells the most tickets.
- See the [T&F Website](#) for quilt entry forms (**due August 1**); note important instructions and deadline information.
- See Tracey Phillips for show book advertising information.

Important forms will be available at April/May meetings and as soon as possible on the web site.

Don't forget your challenge small quilt and silent auction piece. I am sure this long winter has sparked your creativity!

Our quilt show is a lot of work but it is truly worth it to see the fruits of our labors. Everyone is so very talented and most important...we have FUN!

~ Sue Warchal