

Valley Quilt Notes

SHENANDOAH VALLEY QUILTERS GUILD
NQA Chapter 383, VA 20, Website: www.svqq.org

Vol. 23 No. 7

October 2009



PRESIDENT'S MESSAGE

Hello, Quilters all,

With fall in the air, I think of apple dumplings, Jack-o-lanterns and a fire in the fireplace. We are so lucky to live in the Shenandoah Valley where the fall colors are a wonderful palette you see nowhere else. Go out and enjoy the colors, fairs & festivals. I understand there's a great corn maze in Mt. Jackson. How about the Tour de Quilt (Oct 15 – 18th). This is always great fun!

Well, we had our first meeting and even though I was very nervous, I think it went pretty well. We want to thank Patricia Pepe for her Extreme X-Block workshops. I know the people who attended really enjoyed themselves. I hope you all got inspired by Patricia and how she showed us to use some of the stash we've had forever...like our calico's. I know I sure did.

I want to thank the 2010 & 2012 Quilt Committees on all their hard work and the great job they're doing. It looks to be another great Quilt Show. It would be nice if we could have a quilt from every member of the Guild. I hope everyone has their machines a buzzing.

FYI: Remember we are the host for the Nov. VCQ Meeting and we need door prizes donated. Please bring any wallets you've made to the Oct. meeting and give to Mary Carlton or Dianne Reasons.

With school started and fall in the air, it's time to start planning for the holidays. They'll be here before we know it. It's a great way to use up some of our stash; making tree skirts, table runners or stockings. What's in are aprons and of course, a

throw or two. Whatever your creative mind comes up with, I hope you'll share with us at show and tell.

If you would like a Secret Pal, please fill out the form in this newsletter and hand it to Pam Nixon or Sara Wood in October. Pam would like to get this started in Nov. This has been a lot of fun in the past. It's a great way to get to know each other.

Oct. is Breast Cancer Awareness Month and Sue Jones has challenged us to make as many pillows/totes as possible. There will be a surprise drawing during the meeting for one lucky person.

Did everyone get a chance to check out all those new library books? I did and took some home! Kathy will be in Houston this month. I can't wait to see what she'll bring back.

If you haven't checked out our web site lately, please do. We now have quilt labels to print in our members' only section. These may be used on service projects and there's a special one for patriotic quilts. What a neat idea!

I want to thank everyone who shared during Show and Tell. We are so lucky to have so many talented people in our Guild. It was a wonderful Show.

Please remember Sharon Angle. Her mother passed away on Sept. 5th. You might want to send a TOY block. Also, a dear friend and long time member of our Guild passed away on Aug 30th. Ethel Parris was 89 yrs young. Online condolences may be made at www.johnsonfs.com.

Barbara

PROGRAMS

Hi, all. My thanks to Sue for taking care of the program and workshops in September. I hope everyone enjoyed Patricia. I was sorry to miss, but we always go to New England in September. Yes, I did get to Keepsake. Too much. Then we go to lunch at Walter's Basin in Holderness. I highly recommend it. With Mike and Megan we visited 2 quilt shops in Maine. All good.

In October we have Karen Novak teaching from Eleanor Burns' new book "Day and Night". She'll be doing a table runner and you should finish the top in the class. You don't have to buy the book, but if you decide to do that, she recommends Amazon. I bought it at Whippersnappers in Hallowell, ME. Support your local quilt shop. Karen doesn't do a program, so we will have a 6 hour workshop on Saturday after the business meeting.

Mary Carlton and Sue McDonald

VCQ Meeting November 14.

We are preparing for the November VCQ meeting and appreciate everyone's willingness to help. We have a need for door prizes. If you have something suitable- maybe a pattern you bought and now realize you will never use, a few nice fat quarters, a notion that you have 2 of, please bring it to the October meeting. We don't want anything too old or just junkie. Thank you.
Mary

SVQG GENERAL MEETING Sept. 19, 2009

President Barbara Linzey called the meeting to order at 9:30 with the announcement of the death of a member and a member's Mother. She asked members to introduce new guests and then announced upcoming quilt shows in the area.

Sally Jones has the Treasurer's report - see her report in this newsletter.

Pam Nixon is now accepting applications for the Secret Pal program. She requested that all applications be turned in by the October meeting so she can start matching up people. The

applications are available at guild meetings and in this newsletter.

Sue Jones announced that October is Breast Cancer Awareness month and she has lots of new donated fabric to make the pillows. She will enter your name for a prize raffle for each pillow you make in October.

Pauline Messier (Hospitality) will announce each birthday list when it is our month to bring the snacks. August and December birthday people will be asked to bring food on months the birthday list is small - you will be notified by Pauline.

Kathy Christy acquired 65 new books with many new titles hot off the press! She will be in Houston next month for the show and will buy more books. There will be no guild library in October, but the return box will be at the meeting if you need to return anything.

Membership's Sara Wood stated that those members receiving the newsletter by mail need to pay the \$7.50 mailing fee if you haven't already done so.

Newsletter deadline for Oct. is 9-25-09.

Service's Debbie Lane announced there are new labels on the web site you can download and use for your service military quilts and labels for your individual service quilts.

Joan Leffel of Ways and Means is going to have a sale of guild cookbooks, totes, CDs and guild shirts left over from past years. Sept.'s raffle was a 50-50 money drawing and a lucky guild member walked out with some nice cash. Joan is also in charge of securing places for the 2010 raffle show quilt and would like to show it at as many of your club meetings, fairs, and other guild meetings any member can supply.

Denise Rudolf is in charge of the raffle ticket monies and would like to see some of the green stuff.

Debbie Lake announced a new category for first time quilters to show their first quilts and get a ribbon! She still needs a Hospitality Chair for the show to handle ordering lunches and keeping the sodas cold. Mark Viette of Viette Nurseries will

gave a talk on day lilies at the show and will donate a new lily as a door prize.

Dianne Reasons asks that all members who took home wallet kits to sew return them at the Oct meeting - the VCQ show in Waynesboro is in November and she needs them done by next month. She also needs door prizes for the meeting and would welcome any kits or neat stuff you have to donate. Pam Nixon will be using the guild's cookbooks, CDs and totes as door prizes at our 2010 show. She needs any suggestions for any companies she can call to ask for door prizes as donated gifts. She already has some neat stuff lined up for the show.

SHOW AND TELL CHANGES - Roberta Paterson is now taking pictures of all show and tell quilts to post on our website. She will have a sign-in sheet at each show and tell so she can keep track of each quilt to the quilter. If you do not want your quilt to be pictured on the web site, you must mark NO next to your name on the sign-up sheet.

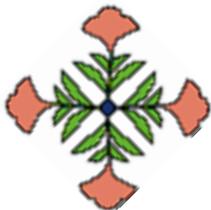
October's Program will be Karen Novak (Aleris Wright's sister) who will be teaching a class on Ellen Burns's techniques. Classes will start right after show and tell and there will be no formal program at the Oct. meeting. Classes will be making a table runner.

Sincerely,
Molly Toth
Retired Secretary

HOSPITALITY

A big thank you to the September birthday members who brought our delicious goodies for September. Anyone having an October birthday will have the opportunity to provide refreshments for the October meeting.

Pauline Messier



MEMBERSHIP

Members: As you know we have changed Board & Chairs. As your new Membership Chair Let me reiterate that the position was inherited. I

have reviewed & reconciled all membership dues received. For those of you having paid your dues in full I extend a sincere "Thank You". For those individuals that are not sure if their account is paid in full for the newsletter to be mailed, please contact me. If you feel your account is in bad standing in error, I am more than happy to correct this once you provide documentation of payment. If your newsletter is discontinued by regular mail, we will be more than happy to provide the most recent copy once your account is paid in full. Mailed newsletters are \$7.50 per year. I ASSURE EVERYONE that this will not be an issue come renewal as everyone will be issued a receipt with the new year's membership card.

QUILT SHOW 2010 UPDATES

We are still looking for someone to be in charge of hospitality for the quilt show next June. The responsibilities will be minimal - but crucial!! Please help!

Pillow Puddle - a new feature at the show next year will be a "Pillow Puddle". We are asking each member to make and donate two pillows for this fundraising activity. There are no size or construction regulations involved. Your pillows can be pieced, embroidered, painted, etc., and they can be any size or shape! Our past President, Pam Nixon, has already made her donations!! Thanks Pam, for getting the ball rolling!

This will be a fun activity where participants can take chances on taking home a hand made pillow - made by you!!!!

Debbie & Sharon
Quilt Show Coordinators



RAFFLE QUILT

The raffle quilt for 2010 is 90" x 90" for those of you selling and/or buying tickets.

Denise

SUNSHINE

Please remember those who have experienced loss of a loved one recently: Sharon Angle's mother passed away on September 5th. Long time member Ethel Paris passed away on August 30th. Her obituary may be viewed at <http://www.johnsonfs.com/index.cfm>

If you know of a guild member or family member who needs a card or T.O.Y. block from our Sunshine committee, please let Aleris Wright know. Her phone number is 540-686-7890, and email is swright494@comcast.net

DEADLINE FOR NOV./DEC. NEWSLETTER

Friday, October 23, 2009

Vicki Graham

4142 Traveler Road

Harrisonburg, VA 22801

540-433-9877

E-mail: grahamvl@comcast.net



HAPPY BIRTHDAY!

The following Guild members are having a birthday in October or November:

| | |
|---------------------|-------|
| Iris McCarthy | 10/5 |
| Beth Wampler | 10/6 |
| Gae Baker | 10/7 |
| Alice Zuidema | 10/10 |
| Lori Abbott-Herrick | 10/11 |
| Frances Ritchie | 10/11 |

| | |
|-------------------|-------|
| Sophia Cliffe | 10/12 |
| Elaine Chrisley | 10/24 |
| Dorothy Harper | 10/26 |
| Kathleen Chunta | 10/29 |
| Mary Langensiepen | 10/29 |
| Barbara Call | 10/30 |
| Jude McLaughlin | 10/30 |
| Beverly London | 10/31 |
| Carol Ervin | 11/3 |
| Dianne Reasons | 11/3 |
| Phyllis Hollowell | 11/4 |
| Celia Mitchell | 11/5 |
| Elizabeth Adams | 11/7 |
| Susan Browning | 11/11 |
| Rachel Herrick | 11/13 |
| Debbie Freed | 11/19 |

To everyone having a birthday in October or November, have a wonderful birthday!

October--Breast Cancer Awareness Month

Thank you for your participation in sewing/donating pillows and totes. And thank you for recycling the Ziplock bags, from the kits. October is Breast Cancer Awareness Month so we decided to do something to highlight the event. We are having a drawing in October, with your name entered for every pillow/tote that you bring to the October guild meeting. You must bring the finished pillow/tote to me.

Several years ago I felt I should, for some reason, participate in the collection of Breast Cancer Pillows and totes even though, at that time, I had no close friends or family members who had breast cancer. In Sept. 2007 my sister, Patty Merritt, was diagnosed with breast cancer, and after chemo and bilateral mastectomies with lymph node involvement and radiation, my dear, sweet sister died from breast cancer August 27, 2008. Had she lived, she would have been an advocate for early detection and aggressive treatment of breast cancer. In a Christmas 2008 newsletter to friends and family she wrote: "The greatest gift I could give this Christmas is the gift of a hard lesson learned if it informs even one person and prevents them from walking the road I am now on. I found a lump in my breast in June (2007), not because I was doing a self-

exam, but because I was carrying a heavy load of notebooks and felt a sharp pain. The pain was in a fairly small marble-sized lump. I have believed three myths that I now have proven in my own body to be false: 1. If there is no history of breast cancer in your family, you don't need to worry. There was no previous history of breast cancer in my family, but now there is. I'm it. 2. If a lump is painful, it isn't cancerous. My lump was painful and it was cancerous. 3. People who have allergies tend not to get cancer. My lump was painful and it was cancerous. (We heard this from an allergist friend). I have many allergies and I have breast cancer. Previously, I did not think it was necessary to do monthly self exams. Will I do them now? A thousand times, Yes!!!

Another part of my hard lesson learned is that because I truly didn't believe the lump was cancerous and because of our travels back to the Midwest, I did not prioritize taking care of myself. The lump grew rapidly from June to September. When I found it, I had no pain in my lymph glands under my arm. By the time I was diagnosed, the lymph nodes under my arm were painful and tests show the cancer has spread there."

Patty talks of their travels back to the Midwest and by that she means, her mother-in-law died in June 2007, our brother-in-law (aged 42) died in July and her father-in law died in August. Patty lived in Southern California and made the trip back to Missouri for each funeral and neglected her own symptoms.

So, in all of this, I would implore you to do monthly self breast exams. Have a yearly mammogram. It is unbelievably sad to lose your sister, your best friend to breast cancer!

Sue Jones



Breast Cancer Symposium
--April 17, 2010



There will be a Symposium for medical professionals and Breast Cancer Survivors, and families and interested persons. It is a collaboration of the Augusta Regional Free Clinic, The Virginia Breast Cancer Foundation and Augusta Health. This Symposium will be in memory of my sister, Patty Merritt. There will be a focus on Triple Negative breast cancer, my sister's cancer. This will be an all day event, with leading doctors presenting the latest advances in treatment. There will be patient advocates and those Survivors and families who have gone through this 24/7. It will take place at Blue Ridge Community College in the Plecker building. More info to follow in the coming weeks and month.

October--breast cancer awareness month. Make it a priority to do self breast exams each month and follow up with a mammogram every year. Let's beat this horrible disease!!

Humbly submitted, Sue Jones

New Books for the Library

| Title | Author |
|---|-----------------------|
| 90-Minute Quilts: 15+ Projects You Can Stitch in an Afternoon | Butler, Meryl Ann |
| America: The Pride of My Heart | Wilhite, Veda |
| American Quilts, Quilting & Patchwork | Hechtlinger, Adelaide |
| American Stenciled Quilts: New Projects from Traditional Techniques | Garnas, Vicki |
| Amish Quilts | Bolesta, Karen (Ed.) |
| Beautiful Patchwork & Quilting Book | Jackson, Val |
| Butterfly Album: Monarchs & More | Oglesby, Bea |
| Crazy Quilts: History, Techniques & Embroidery Motifs | Brick, Cindy |

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| Do-It-Yourself Framed Quilts | Perry, Gai |
| Everyday Embellishments: 8 Fun Quilts to Stitch and Embellish | Hawley, M'Liss Rae |
| Everyday Folk Art: Hooked Rugs and Quilts to Make | Minick, Polly & Simpson, Laurie |
| Fabric Picture Books | Marston, Gwen |
| Fabric Shopping with Alex Anderson | Anderson, Alex |
| Fearless Design for Every Quilter | Torrence, Lorraine & Mills, Jean B. |
| Floral Affair: Quilts & Accessories for Romantics | Rounds, Jennifer & Comyns, Catherine |
| Fuse-and-Tell Journal Quilts: Create Your Story in Cloth | Wasilowski, Laura |
| Georgia Bonesteel's Quiltmaking Legacy | Bonesteel, Georgia |
| Hunter Star Quilts & Beyond | Krentz, Jan |
| Japanese Inspirations: 18 Quilted Projects | Haigh, Janet |
| Joined at the Heart: Quilting for Family and Friends | Moscicki, Anne & Wyckoff-Hickey, Linda |
| Laurel Burch Christmas: Color the Season Beautiful with 25 Quilts & Crafts | Burch, Laurel |
| Laurel Burch Legends: 9 Quilts Inspired by the Earth, Sea & Sky | Burch, Laurel |
| Make Your Own Contemporary Quilts | Pieroni, Paola |
| More Snippet Sensations | Walter, Cindy |
| New Light on Storm at Sea Quilts: One Block--An Ocean of Design Possibilities | Mathson, Wendy |
| One-Block Wonders | Rosenthal, Maxine |
| One-Block Wonders Encore! | Rosenthal, Maxine & Pelzmann, Joy |
| Paint-a-Quilt Patterns | Sturmer, Marie Monteith |
| Painted Quilt: Paint and Print Techniques for Colour on Quilts | Kemshall, Linda & Laura |
| Pat Sloan's Take the Fear out of Color | Sloan, Pat |
| Patchwork Book: Easy Lessons for Quilt Design & Construction | Martin, Judy |
| Paula's Nadelstern's Kaleidoscope Quilts: An Artist's Journey Continues | Nadelstern, Paula |
| Poster Quilts with Patrick Lose | Lose, Patrick |
| Quick & Easy Machine Quilts: 25 Modern Heirlooms for the Home | Nicol, Gloria |
| Quick & Easy Scrap Quilts | Wilens, Patricia (ed) |
| Quilt Along with Emilie Richards: Endless Chain | Leisure Arts |
| Quilt Along with Emilie Richards: Wedding Ring | Leisure Arts |
| Quilt Blocks X 9 | Aug, Bobbie A. & Newman, Sharon |
| Quilt with Confidence | Zieman, Nancy |
| Quilt Yourself Gorgeous | Shaw, Mandy |

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|--|---|
| Quilted Adventures | Nephew, Sara |
| Quilted Furry Friends | Kornfeind, Jan |
| Quilter's Complete Guide | Fons, Marianne & Porter, Liz |
| Quirky Quilting: 20 Easy and Fun Projects | Fent, Tomme J. |
| Raw-Edge Appliqué | Davis, Jodie |
| Scatter Garden Quilts: 10 Designs That Flower in Fabric | Mostek, Pamela |
| Small Wall Quilts | Leisure Arts |
| Snippet Sensations | Walter, Cindy |
| State Capitals Quilt Blocks | Bannister, Barbara & Ford, Edna Paris |
| Summertime Quilts: Fresh Designs in Chenille | Eaton, Patti |
| Sweet Dreams: Reversible Quilts and Coordinates | Lindquist, Pamela |
| The Farmyard in Patchwork and Appliqué | Martin, Helene |
| Warmth & Wisdom: Legacy of Scrap Quilts | Case, Sandra |
| Weekend Quilting Wonders | Stauffer, Jeanne & Hatch, Sandra L., eds. |
| Welcome the Seasons | Figuroa, Joanna & Quan, Lisa |

October is Breast Cancer Awareness Month



Pink Ribbon Pin

Show your support for breast cancer survivors by making your own pink ribbon pin and wearing it with pride this October. The online pattern is free and available in two sizes, so you can help raise awareness by sewing this simple quilted ribbon for your family, co-workers, and friends.

Small Ribbon Pin: Batting 2-1/4" x 3"
 Backing 3-1/4" x 4"
 Large Ribbon Pin: Batting 3" x 4"
 Backing 4" x 5"

FOUNDATION PIECING BASICS

If you have not foundation pieced before, the following will give you a basic overview of the process. The instructions have been written with the assumption that you are using vellum or tracing paper for the foundations.

STITCH LENGTH.

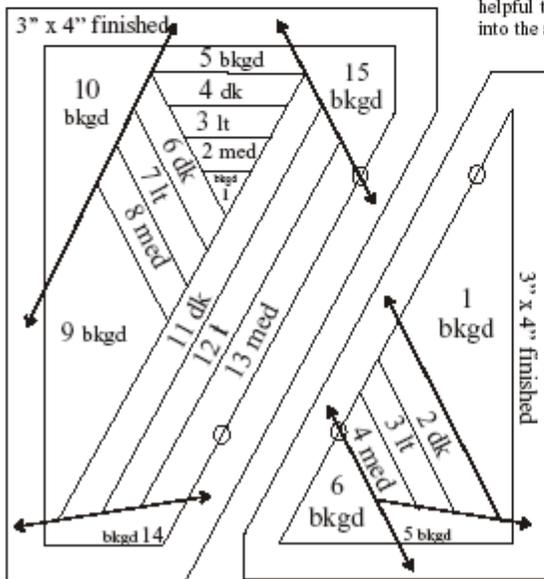
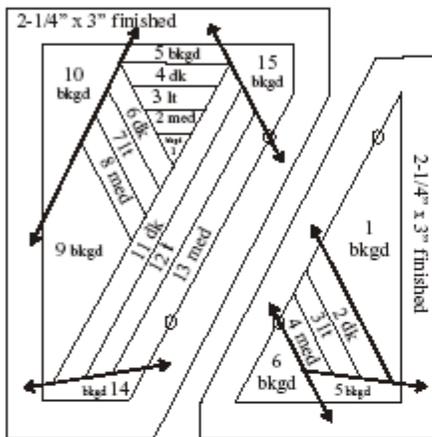
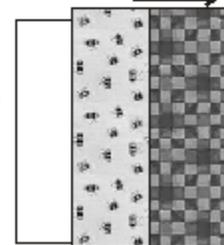
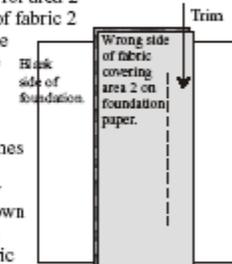
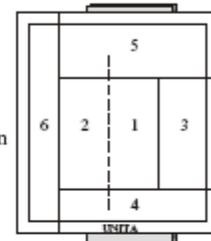
If you are using 17-20 lb. vellum or tracing paper, 12-18 stitches per inch will perforate the paper sufficiently. This will make removing the foundation paper easier once the piecing is complete.

- 1- Place the wrong side (WS) of the fabric piece that will cover area 1 on the foundation's blank side. Center the fabric over the area it needs to cover. Place the right side (RS) of the fabric for area 2 against the RS of fabric 1. Extend the edge of fabric 2 into the area 2 by at least 1/8". Hold the three pieces together. With the marked side of the foundation facing up, place the three pieces under your machine's pressure foot. Sew down the line separating area 1 and 2. It is helpful to begin and end your seam 3-4 stitches into the adjoining areas.

- 3- Flip fabric 2 open and run your thumbnail or a seam creaser down the seam. Continue the piecing process adding fabric in numeric order. The piece being added will always extend into the area it is to cover. Once the piecing is complete for each unit, trim the outside edges of fabric flush with the outside edges of the foundation. Tear the foundation paper away from the pieced unit/block.
- 4- Sew the units together. Press the seam allowances to one side.

FINISHING:

Place the pre-cut piece of backing fabric wrong side up on the table. Center the batting on top of the backing. Place the pieced block, right side up, on top of the batting. Sew a 1/4" seam through all of the layers 1/4" in from block's edge. Roll backing 1/4" twice, bringing it to the front of the block to create the binding. Sew down the binding edge, by hand or machine, covering machine stitches. Sew a bar pin to the top, center back of the block.



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Item #991415

DAY AND NIGHT TABLE RUNNER

Karen Novak will be teaching a table runner using Eleanor Burns’s new book "Day and Night". She has been a teacher of the Eleanor Burns method for many years and will be stopping with us on her way home from teaching in Ripley, WV.

When: Saturday, October 17, 2009

Where: Sunnyside Room

Supply list will be sent when you register. It will include cutting directions. If you precut, you will more likely finish the piece in class.

Bring a dish for the pot luck lunch.

Name _____

Address _____

Phone # _____ e-mail _____

Member \$20 _____ non-member \$25 _____

Registration deadline is Friday, October 9, 2009. Send registrations to: Mary Carlton, 1598 Stagecoach Rd. Woodstock VA 22664

Only a paid registration reserves your place in the workshop. Paid workshops are transferable to another Guild member, but not refundable unless the class is cancelled, nor can the money be applied to a future workshop.

The Shenandoah Valley Quilters Guild -- Secret Pal Exchange

Name: _____ Birth Date: _____

Address: _____

Holidays you Celebrate: _____

Favorite type of quilt: ___ Traditional ___ Art ___ Childrens ___ Vintage ___ Other

Favorite color : _____ Other hobbies/interest: _____

Favorite Flower : _____ Favorite Foods: _____

Special places or Activities : _____

Things I especially like as gifts : _____

Pets : ___ Cats ___ Dogs, breed of animal; other pets : _____

Wish Lists : _____

SVQG BOARD MEMBERS

| | |
|-----------------------|---------------------------------|
| President | Barbara Linzey |
| President-Elect | Sandie Hammel |
| Program Coor. #1 | Mary Carlton |
| Program Coor. #2 | Fran Miller |
| Secretary | Norma Harris |
| Treasurer | Sally Jones |
| Immed. Past President | Pam Nixon |
| Newsletter Editor | Vicki Graham |
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| Historian | Roberta Patterson |
| Hospitality | Pauline Messier |
| Librarian | Kathy Christy |
| Membership | Sara Wood |
| Publicity | John Hammel |
| Sunshine | Aleris Wright |
| Ways & Means | Joan Leffel |
| Web Masters | Debbie Lane & Dianne Reasons |

| | |
|---------------------|--------------------------------|
| Service | Sharon Angle & Deborah Lane |
| Comfort Pillows | Sue Jones |
| Quilt Show Chairman | S. Angle & D. Lane |
| NQA Liaison | Connie Broy |
| VCQ | Norma Harris |

To join the Shenandoah Valley Quilters' Guild,
send \$20 Annual Dues to:
Membership Chairman SVQG
PO Box 913
Harrisonburg VA 22803
The Guild year runs from April 1 to March 31

Newsletter mailed - \$7.50/yr.
SVQG Pins - \$3.00 Member, \$5.00 Non
Available from Membership Chairman

PLACE OF MEETING--THE **SUNNYSIDE ROOM**, THIRD SATURDAY OF THE MONTH
(UNLESS OTHERWISE NOTED) Time: 9:30 am

SUNNYSIDE PRESBYTERIAN RETIREMENT COMMUNITY, HARRISONBURG, VA
Take Exit 247 East off of I-81, proceed east on US 33 to intersection with Route 687 (Massanetta Springs Road,) turn right on Route 687, proceed south 0.8 mile, turn left at second Sunnyside entrance. Go to the **Sunnyside Room** that's the building at the bottom of the hill, to the left of the Highlands Building. Parking is available on the street and in lots but **DO NOT PARK IN THE NUMBERED SPACES**. These numbered spaces are for residents. Please observe the 15-mph speed limit while on the grounds of Sunnyside.



Shenandoah Valley Quilters Guild
P.O. Box 913
Harrisonburg, VA 22803