



Cotton Patch Quilt Guild Newsletter

MAY 2009

Greenville, Texas

Linda Franklin, Editor

President's Letter

Spring is finally here and I am nesting - quilter's style. I am like a mother bird foraging around the forest for just the right twigs to put in her nest. After sewing in my kitchen for 5 years, I decided I needed a new home. The perfect location for my nest would be our game room loft. Never mind the pool table and foosball table inhabiting the space. Who wants to play pool when you could be quilting? Those items were relocated hastily to family members, who were very willing to help me out.

My first purchase for my room was a used cutting table from my friend, Alice Wilhoit. It had a built in light box, drawers, and a large place to store cutting mats. It was too big for Alice's current sewing room, but it would fit great in mine. Alice had been eying a smaller cabinet with drawers from IKEA. So, we made a deal. After taking it apart my husband and I moved it up the winding staircase to the "nest". It was REALLY heavy. I am happy to report, that 8 weeks later my husband's bicep is finally feeling better.

Next came the sewing cabinet I had been drooling over in Houston for the past 3 years. I swear I was hyperventilating with excitement as I ordered it. It's an "L" shape cabinet with inserts for both of my machines, drawers, and extensions to make it bigger if needed. It is perfect. No more sewing at the kitchen table and eating dinner at the breakfast bar for us. The oversize ironing board was moved off the kitchen cabinet. I'll have to dust the cabinet now, but it's worth it.

I moved all of my stash, patterns, and notions upstairs. I had taken over every closet and armoire on the first floor. I hadn't realized how bad it had become until a storm hit last year and the electricity went out. My husband went to the armoire where we keep the flashlight and all he found were fat quarters. I was busted! Then I remembered I had some candles in the cabinet where the ironing board was and it turned out OK.

My nest is complete. The design wall is up and all of my precious sewing stuff has been moved to the second floor. The sewing machine is happily in its cabinet. A new flat screen is sitting where the pool cues used to sit. Momma bird is home.

Happy sewing everyone! - Linda Neal

Executive Board Meeting

May 28, 5:00 PM

Kavanaugh's Little Dining Room

May Program

SKILLS NIGHT!

Demonstrations by Linda Neal (Sally Collins Very Narrow 1/8" Border), Betty Day (Mitering Borders); Sue Childers (Cathedral Windows) and Mandy Weaver (Runaround Bag).

Come prepared to walk away with some new techniques, shortcuts or just perfecting those existing skills. We look forward to seeing everyone on May 28th.

— LaVonne McCaw

Machine Quilting Class Part 3 of 3



Date: May Guild Meeting

Time: 2:30 PM – 5:30 PM

(You can setup and begin at 1:30 PM)

Price: FREE, call Sherry Worley so she will have enough supplies

Sherry Worley will end her class this month with thread painting.

Bring the following:

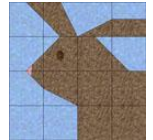
- Machine set up for free motion quilting
- Basic sewing kit with a small selection of thread colors and decorative threads, if you have them.
- Project from last month (if you did not leave it with Sherry)
- Quilting gloves (if you have them)

You can practice on Community Service quilts.

Last chance to learn how to machine quilt! If you have not attended before, but know how to free motion quilt, join us!



May Birthdays



Linda Franklin	5/11	Pat Jonz	5/11
LeeAnn Miller	5/20	Donna Moon	5/15
Lynne Power	5/30	Terri Tyree	5/17
Debbie Uphoff	5/20	B Wood	5/15
Carolyn Wright	5/20		

HAPPY BIRTHDAY TO ALL!

REFRESHMENTS COMMITTEE

May 28

Kaye Adams (Captain)

Jan Ainsworth	Betty Allen
Jane Asberry	Joan Biggs
Sara Bobbitt	Dorothy Boettcher
Anna Borrer	Cathy Brandstetter
Jackie Brown	Lanell Bundick
Carolyn Burt	Pat Cate
Connie Cawthon	Susan Childers
Jackie Clark	

June 25

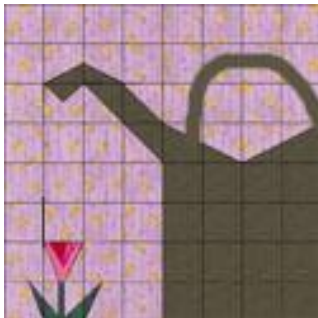
Jo Ann Cross (Captain)

Lynn Cogswell	Lisa Coker
Kay Colcleasure	Allen Day
Betty Day	Vickey Dees
Monica Denny	Louise Devenport
Kathy Dickens	Carol Dodd
Debbie Emard	Linda Franklin
Anita Gaudreau	Debbie George
Kelly Griener	

Please advise your captain if you cannot attend the meeting and **swap** with someone else.

Captains: Contact each person by the Monday before the guild meeting.

"Refreshments" is responsible for clean up, too.



April

Door Prize Donors

Arlington Quilt Guild – 1
Quilt Country, Lewisville – 1
Blue Ribbon Quilt - 1
Quilt Mercantile – 3
Anonymous - 1

Thank you very much!

Don't Forget the Community Service Quilt Challenge!

Choose from the CS challenge bag of fabric and block sets. Make a quilt or top no less than 36" a side, adding fabric from the CS stash (required) and some of yours (optional). Turn in at the August guild meeting. There will be fun prizes and a gift certificate from a local quilt shop. Winners will be chosen by secret ballot.

From the Librarian

Virginia Johnson

Thanks to all of you, our "Basement Sale" was a huge success! We made approximately \$230. If any of you have special requests, write the book title and author on an index card and give it to me and I will try to fulfill your request.

New books that have been added in April:

Jack and Jill Quilts for Kids

Polka Dots Quilts for Children

Burgoyne Surrounded, Plus Seven Other Variations

CRAZY Patchwork, by Alice Wilhoit (signed by Alice)

Creating Your Favorite Quilting Space

When the Heart Cries (fiction) by Cindy Woodsmall

When the Morning Comes

When the Soul Mends

The last three books are a heartwarming story of a young Amish girl, her love, heartache, and agonizing decisions. Gladys Guthrie and I have read this series and we felt it was too good to keep for ourselves and we'd like to share.

Each month I will have books on the table "for browsing & for check-out" as we have a very neat library and I want to acquaint everyone with it. I also want to thank all of you for your help and cooperation. All books and authors, plus videos, that are in the library are listed in your new 2009 directory.

Cotton Strippers

Connie Cawthon

After a wonderful meal, Katharine reminded everyone that the Cleek Retreat is just around the corner!! If you are signed up and have paid a deposit, the balance is due no later than the next meeting. The balance is \$40. The dates are July 16 - 19. If you cannot attend please let her know since we have a waiting list. The group exchanged stacked bricks and we had a great show and tell. Anita, Katharine, and Maejean showed us their beautiful bed size quilts while Pam showed us her first mini quilt which is being donated to the TAQG mini auction. Pat Jonz also donated a mini quilt. The next meeting will be Thursday, June 11th at the church.

The June food committee:

Debbie George	Alice Isham	Kathy Dickens
Donna Moon	Jeanie Herring	Phyllis Moynihan
Lisa Coker	Jane Martyn	Jan Ainsworth

Treasurer's Report

Pam Shuman

March 2009 Ending Balance 5269.92

APRIL 2009

CHECKS:

1820 Jan Ainsworth, Raffle Quilt pics	(24.08)
1821 Madeline Sullivan, Snshn & Shdws	(14.35)
1822 Sherry Worley, Comm Serv fabric	(141.84)
1823 Kavanaugh UMC, Rent	(500.00)
1824 Sherry Worley, TAQG fabric	(81.93)
1825 Sherry Worley, TAQG miles	(138.60)
1826 LaVonne McCaw, Programs – gift	(17.32)
1827 Linda Franklin, Newsletter	(18.18)
1827 Linda Franklin, Postage 09 & 10	(252.00)
1828 Phyllis Moynihan, Solid Rock	(58.40)
	<u>(1246.70)</u>

DEPOSITS

Membership	77.00
Advertising	6.00
Library	<u>234.20</u>
	317.20

APRIL 2009 Ending Balance 4340.42

Cotton Belles

Sherry Worley

The Cotton Belles met on May 4th at Harvest Bible Church. It was a small but productive meeting. Two of us worked on our Stack 'n Whack that was started last month. That bird and fruit fabric from Wal-Mart is great for this project, Vickie's quilt blocks are looking great. Others were hand quilting and cutting/designing. We collected \$55 for F.I.S.H. Show and Tell included Sherry's hand-dyed t-shirt and her beaded row and block markers.

Our next meeting will be at Sue Miller's on June 1st. We will be doing a Stack 'n Whack wrap up and sit and sew. Sherry plans on bringing a peach bread pudding for dessert. We start at about 10:00 AM and everyone brings a sack lunch. Come visit, we would love to have you!

**June newsletter deadline will be
Sunday, June 14**
the second Sunday of June

You may view photos and newsletter at the guild's website:

www.cottonpatchquilt.com

Login: Texas Password: Star

Note capital letters – case sensitive.

Advertising Rates

Monthly Rates: ½ page = \$12, ¼ page = \$6, business card = \$3. Ads are printed if space is available. Ad text and payment must be received before the monthly deadline. Send to editor: Linda Franklin, 2307 Rabb Dr, Greenville, TX 75402, email: lcftexas75402@gmail.com

April 23, 2009 Minutes

Mandy Weaver, Secretary

President Linda Neal opened the night by welcoming members and introducing guests. She thanked Virginia Johnson and the food committee for the wonderful meal. Next month's food committee chairman is Kaye Adams.

March meeting minutes were approved by the members.

The library garage sale was a huge success. Thanks to all who donated items for the sale. Thanks to Alice Wilhoit for donating a copy of her new book, Crazy Patchwork to the guild library.

The McKinney guild raffle quilt was on display and tickets were available to purchase. Linda Neal is also selling tickets.

Jane Martyn from the Cotton Strippers, Sherry Worley from the Cotton Belles and Carolyn Burt from the Cotton Blossoms gave short announcements about their quilt circles and invited everyone to join them. The Cotton Strippers meet the 2nd Thursday of the month at 6:00 PM at the Kavanaugh Church. The Cotton Belles meet the 1st Monday at 10:00 AM at a moving location (check newsletter). The Cotton Blossoms meet the 1st & 3rd Mondays at 3:00 PM at the First Presbyterian Church in Commerce, TX.

Debra Hager is still taking forms and fat quarters for the UFO challenge. See her for more information.

Anita Gaudreau announced that she knows a lady who is trying to register quilts that were made to commemorate World War II. See her for more information.

Sherry Worley, community service, needs someone to quilt a top and make a full size quilt for Women In Need. Batting is available for all the donation quilts. See her for more details.

Jane Asberry has TAQG Rally Day lunch tickets, raffle tickets, and pins available to purchase. Rally Day is July 11.

Sunshine and Shadows

Madeline Sullivan

Bob Trammell, husband of **Gladys Trammell**, will have pancreatic surgery on May 26. Gladys said that the doctor had found a mass in the pancreas. Prayers and best wishes for his surgery and a complete recovery.

Sarah Matthews, mother of **Jo Ann Cross**, had a stroke early this month. She is doing better and we send our best for her complete recovery. Please keep Jo Ann and her mother in your prayers.

Belva Roberts is having bad allergies and was afraid that it would turn into bronchitis. She has gotten some new medicine. We pray it will do the trick and she will be with us next guild meeting.

RECIPE REQUEST: Spinach Casserole

submitted by Katharine McCaw
(Serves 12)

4 boxes frozen chopped spinach, thoroughly drained and squeezed
4 cans cream of mushroom soup, undiluted
4 large eggs, well beaten
6 cups (or less) grated or shredded sharp cheddar cheese (can use garlic cheese for half)
4 tsp. sugar
1/2 to 3/4 cup diced onion
1 large jar diced pimiento
6 or more slices light bread, cubed (or use croutons)
1 – 2 sticks margarine
garlic powder (optional)
red pepper or Tabasco (optional)

Mix spinach, soup, eggs, onion, sugar and 1/2 the cheese. Adjust seasonings. Pour into Pam-sprayed 11 x 14 Pyrex dish. Top with remaining cheese if desired.

Melt enough margarine in a large skillet so that all bread cubes are moistened. Sprinkle with garlic powder if desired. Lightly toss cubes until browned. Distribute bread cubes over top of spinach mixture, pressing gently into mixture. Bake at 350 degrees for about 45 minutes (longer if frozen) until bubbly and set.

This may be halved or doubled. It can be made ahead. Cover tightly and freeze up to 3 months.

QUILT SHOW – Near Us

Mesquite Quilts 2009 – June 26-27, 10 – 5 PM, Rutherford Recreation Center, 900 Rutherford Dr, \$5 admission.

Cotton Blossoms

Madeline Sullivan

Jane Asberry came to do a program for the Blossoms. She brought Anita Gaudreau with her. We were so happy to see both of them. The program was a different way to make nine patches. We used six inch squares. Two colors--red and white--solid or printed.

DIRECTIONS:

1. Put a red and a white right sides together. Sew 1/4 inch down one side and then sew the same on the other side.
2. Use a ruler and put it 2 inches from a sewn edge and cut it. Then do the same on the other sewn edge.
3. Open the sewn pieces, and iron down with seam facing the dark side.
4. You will have two red and white pieces sewn. There will be a red loose 2" strip and a white loose 2" strip. Put a red strip on a white sewn piece, and a white strip on the red of the other sewn piece. Sew each of the strips to the pieces. Now you will have a piece that is red-white-red and another piece that is



Community Service

Sherry Worley

There is still time to rummage through the fabric treasure trunk and start a quilt for the Community Service Challenge! The quilts are due by the August meeting where they will be judged by viewer's choice ballot. We are lining up some really nice prizes! While finished quilts are hoped for, tops will be accepted for voting. We have cleaned out a space in the Community Service cabinet so if you have completed your quilt you may turn it in now. Just fill out an entry form (available at the community service table), attach it to your quilt, and leave it in the tub marked "Challenge." We are looking forward to seeing some more really interesting quilts.

Remember to bring scrap batting for Lorna and for the Quilters Guild of Plano.

The last beginning quilting class will be held at 2:30 before the guild meeting in the large dining room. We will be doing a thread painting abstract picture that will utilize your new free motion quilting skills and offer you a new way to practice. If you did not sign up for the class and already have free motion quilting skills you may attend this class, but you will need to notify Sherry Worley so that she can have enough supplies on hand.

Keep working on those baby quilts! We almost have enough for a donation. The quilts for Women in Need are progressing nicely. There will be another full size Yellow Brick Road kit (for WIN) available at the guild meeting. You can look forward to a new kit (available at the June meeting), we will be introducing Spot the Dog. We think that you will love Spot!

white-red-white.

5. With right sides together, abut the seams, and sew 1/4" down a side where the seams meet, then sew the other side. Measure and cut the same way as in step 2.
6. Match and sew the loose strips to the opposite color scheme, and you will have two nine patch squares.

Everyone enjoyed making their squares and have decided to do more for next time and make a Ronald McDonald quilt out of the nine patches. Leader Carolyn Burt had provided the 6 inch squares. Thank you, Carolyn! Thanks to you too, Jane! Come back anytime. Anita worked as hard as the Blossoms and learned this technique. We had fun all around.

At our next May meeting we worked on the nine patches, putting them together. Carolyn Burt was absent and Priscilla McFarland was the leader.

The Cotton Blossom Quilt Circle meets at 3:00 PM, 1st and 3rd Mondays, at the First Presbyterian Church, Commerce, TX. Visitors are welcome. If you can quilt or want to learn to quilt, there is a place for you. We also have lots of fun and enjoyment.

MORE Easy Stretches for Anyone

Practice correct form illustrated in the pictures. Do each stretch 1-2 times, holding for 15-20 seconds.

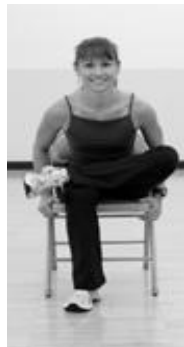


Figure 4

- Sit tall in a chair with hips and knees at about 90° angles
- Cross one leg over the other
- Keep back straight and lean forward
- Modification: Allow bottom leg to remain straight at the knee and cross stretch leg onto shin.

Shoulder Stretch

- Sit or stand tall
- Move one arm across body at **low** chest height
- Take other arm and gently hug the arm on your chest into your body.

Chin Tucks

- Sit or stand tall
- Have the feeling of a string gently pulling on your head, lengthening your entire spine
- Slide chin back, like a turtle retracting into shell.

TAKE CHARGE OF YOUR HEART HEALTH

As you put a quilt together piece by piece, also take care of your body. Periodically stretch or get up and walk. This will prevent muscle strain, improve circulation, even make you more alert. We will feature more stretches and exercises for you to do. Be heart smart!

TIPS FOR QUILTERS

When pressing your blocks...press, then before moving the piece from the ironing board, layer an old ruler and a stack of books on top of the piece. Leave it that way until the piece has completely cooled. Your pieces will not distort from handling while hot and your seam allowances will remain flat. - from Sally Collins

If you run out of fabric and need just a little more, you can scan and print the fabric on prepared printer cloth, and finish your project. - Fons & Porter

With arthritis it can be difficult to align your pieces. It helps to put a pin 1/2" from the corners of the fabric to keep them from splaying out. - Fons & Porter

DIRECTORY UPDATES

Debbie Uphoff

Lynn Cogswell, 539 CR 3324, Greenville, TX 75402. B-day April 5. Husband: Bob. E-mail mamacog@aol.com. Home phone 903-883-3143

Betty Borden, 17825 CR 322A, Terrell, TX 75160. B-day April 8. E-mail betty.borden@hotmail.com. Home phone 972-563-2023. Cell 972-955-8674. Work 972-455-1478.

COLOR TALK

Blue is America's #1 favorite color. Light blue can relieve tension headaches. People are more productive in blue rooms.

Beige and brown actually come from the orange family. Brown has a little more black in it and beige has more white. There is more beige in the universe than any other color. Men are more apt to say brown is one of their favorite colors.

Red is the most emotionally intense color. If it is red it will be noticed, so the red item should be perfect. Red makes the wearer seem heavier. It is also an appetite stimulant and often used in restaurants.

Green is easy on the eyes and improves vision. It is calming and refreshing.

Yellow can be overpowering if there is too much. Although considered an optimistic color, babies cry more in yellow rooms. It enhances concentration hence its use in legal pads. It also speeds metabolism.

Approximately 7 million different colors can be perceived by the human eye. That's a lot to choose from!