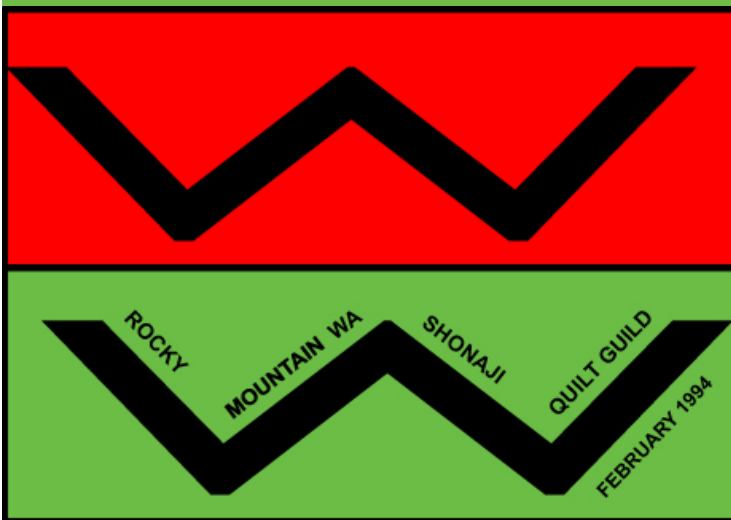


# Rocky Mountain Wa Shonaji Quilt Guild

May 2021 Newsletter



**Thank you, Julie Marsh,** for your term as Wa Shonaji News Editor. You did an amazing job for the past two years and the guild is indebted to you for chronicling our projects, meetings, excursions and shenanigans. You've earned a comfy retirement to your quilting space!

## May Meeting

### Surviving COVID While Sewing Presented by Cassandra Sewell

The pandemic and lockdown forced us to be creative with how and when we sew. There were no gatherings and no quick runs to the fabric store, or any stores for that matter.

The pandemic forced me to find other places to get my supplies and learn to improvise and make use of what I already had. I call my sewing during this time "COVID SEWING." In this session we'll discuss COVID SEWING

- Where I found my inspiration
- Learning New tools (EQ8, Accuquilt)
- Finding fabrics, tools and patterns in lieu of my LQS
- Covid Quilt Creations

## Inside this Issue

President's Piece.....	2
Parliamentarian's Patch.....	3
Secretary's Scraps .....	3
Librarian's Loft.....	4
On Point with the Exhibits Committee .....	5
May Wa Shonaji Recipe .....	6
Wa Shonaji Zigs and Zags .....	7
Quilting Threads .....	12
Block of the Month.....	13
Scrap Fabric Swap.....	15
Sister Stitcher Returns! .....	17
Tips 'n Tricks.....	19
April Show and Share.....	21
Recipes to Inspire Creativity.....	23

Hi all! I am excited about becoming the new Wa Shonaji News Editor! Julie leaves some big shoes to fill! I welcome any feedback on style or content. We are starting several new columns that will rely on member input. **Please pay special attention to content with a turquoise frame.** Remember - this newsletter is FOR YOU AND ABOUT YOU!

- Monica Lynn

# President's Piece

The month of April was good to the Guild. We received a donation of quilt tops, batting for the quilts and backing for these quilts from Luana Rubin, who owns eQuilter and is a new member of our Guild. Once we have completed these quilts we will be giving the quilts out to various organizations or needy individuals. At this time I am asking all members to provide input concerning who could receive a quilt(s) from the Guild. This is another opportunity for the Quilt Guild to share the joy of quilting with our community. If you have some ideas for distributing these quilts please contact me or any member of the Board by email. We also need individuals to help complete the quilts. If you wish to complete one or more of the

donated quilt tops please feel free to contact Karen von Phul Blackmon who is currently coordinating this process.

I received a request for more quilting information/instruction at the General meetings. The Zoom method of meeting makes hands on sewing a lot more difficult, and your ideas for demos on quilting techniques are always welcome. Please feel free to contact Mary Lassiter, Geneva Lottie or any member of the Board and we will add your idea(s) to the agenda of the General meetings.

- Geneva Lottie



A quilter's garden

# Parliamentarian's Patch

## Know Your Guild!

As members of this illustrious organization we should all be aware of and familiar with Wa Shonaji's Bylaws and Standing Rules. This is knowledge that is easy to obtain. Want to know what positions and duties constitute the Executive Board? Just what is the Hospitality or Retreat Chairperson supposed to do? Check your Bylaws and Standing Rules on the Wa Shonaji website, members only section, and click on the drop down menu. Select Bylaws and read and/or print them. You are now a well-informed member of the Rocky Mountain Wa Shonaji Quilt Guild. Congratulations!

-Edith Shelton, Parliamentarian

# Secretary's Scraps

## Highlights from the April Meeting (Not Discussed Elsewhere in the Newsletter)

- Membership is 53; 36 members attended the March Meeting
- The guild has additional members from out of state and Geneva said we will figure out how to continue a virtual option when we return to in-person meetings
- Edith summarized the Board's discussion regarding the wording in the Standing Rules for the criteria to distribute a Comfort Quilt. The Board decided not to make changes at this time since the Standing Rules are open enough for Board Members to discuss the distribution of a quilt per circumstance.
- Happy Birthday wishes to Kathy Kruckenberg, Casandra Sewell, Monica Lynn and Marcia Walker; cards were sent to Pennie Estrada, Erma Sanderson and Adrienne Bryant
- April's Monthly Drawing Winner was Linda White. Congratulations Linda!
- Artie taught us how to make microwavable and washable "Bowl Cozies."



Found on Patchwork Posse

# Librarian's Loft

I came across the following on a bookstore window, which sums up my thought regarding our library.

“The book is still the finest portable university known to man.”

As quilters, we love our books. In my quest towards minimalism, I have not bought any for several years. Our library has a plethora of books available for check-out. What a great resource it is for all of us! I encourage you to browse through the catalog to see if there is a book you would like to check out. The titles of the books can be found on the website in the Members' Area, which has a drop down list of books in [Our Library](#). Wa Shonaji's library contains over 100 books. A committee is reviewing the books to determine whether to keep, relocate, donate or sell (for a minimal cost to Guild Members) each book. Members are encouraged to look at the list and [let me know](#) which books they think Wa Shonaji should keep in its library.

**Our library is only useful when we patronize it!**

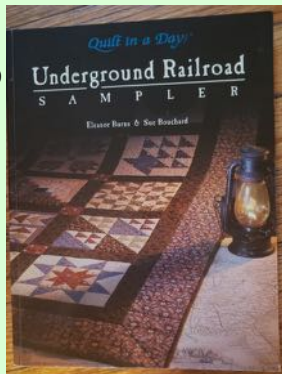
- Connie Turner

## The Underground Railroad Sampler

By Eleanor Burns and Sue Bouchard

I purchased this book years ago and had every intention of making the quilt. Several years later and I still have not started it. It is on my to-do list, right up there with the UFOs that will, one day, become finished projects.. Hmm, to do – I tell myself- I must, I shall, I commit.

In the Introduction Eleanor Burns interviewed a woman from South Carolina who told her “quilts were used to communicate information about the Underground Railroad.” She explains what message was being imparted in each block in the sampler quilt. For example, the Wagon Wheel's message was to “pack supplies that would be essential for travel.” I think about the many who were able to escape the horror of slavery to gain their freedom and quilts played a role. The determination they must have had. Hurt, harm, and danger ever before them.



## The Corner Library

The Corner Library is a new monthly feature where members tell us about a quilting book, The book can be new or an old favorite. [Send in](#) the name of the book and a photo and tell us about it!

### Consider telling us:

1. What made you purchase the book?
2. If it is an old favorite, why has the book stood the test of time?
3. Did you complete a project from it?
4. If so, did you make it exactly as instructed or did you put your own spin on it?
5. Would you recommend Wa Shonaji add this book to our library?

I've told myself that this completed quilt would be a wonderful gift to my youngest granddaughter, who is 9. She is a history buff. In time, perhaps she will pass it on to her child and on and on. Each one, in turn, can share the story behind the quilt. TO KNOW WHERE YOU ARE GOING IS TO KNOW WHERE YOU'VE BEEN!

Submitted by Connie Turner

# On Point with the Exhibits Committee

Thanks to all who were able to meet in person on 10 April in the Library parking lot. It was wonderful to see the 20+ people who were showing quilts and chatting, and I am sure everyone was smiling behind the masks. Many “Faces” were collected, and a few more were promised by mail. The “Faces” theme resulted in some wonderful art quilts – lifelike and fantastical, personal and historical.

The larger quilts are due on Saturday, 17 July, 11:00-11:30 at the Library parking lot. “Faces” will be returned on that day as well. Joanne Walton’s suggested theme of “Things Ain’t What They Used To Be” has a wide range of possibilities. A change to exhibits from previous years is that there is no size limitation because this is a Virtual Exhibit. This open theme and open size should allow everyone to have a submission! July seems far in the future, but we know how quickly time passes. See below for Linda’s schedule to help you finish on time!

If you have any questions, contact the Exhibit Committee -

Joanne Walton – [jcwlimited@msn.com](mailto:jcwlimited@msn.com)

Linda White – [h2olou3000@gmail.com](mailto:h2olou3000@gmail.com)

Marcia Walker – [walkermd48@gmail.com](mailto:walkermd48@gmail.com)

Mary Lassiter – [quiltermary2003@yahoo.com](mailto:quiltermary2003@yahoo.com)

## Linda’s Schedule for “Things Ain’t What They Used to Be”

I like lists and crossing through completed items. I built in some extra time for unexpected problems and am keeping my fingers crossed. My 12-week schedule is –

**Present - June 14** – Finish top; quilt is  $\frac{3}{4}$  finished; working logistics for last bit

**June 14 - July 5** – Quilting; batting on order; backing prepped; making sleeve/binding from leftover fabrics

**July 5 - July 12** – Attach binding/ facing & label

**July 12 - July 15** – Attach 4” sleeve

**July 15 - July 16** – Complete Artist’s Statement (describing the inspiration or history or story for the quilt – Not a Bio) to email Joanne Walton; complete Submission Form

**July 17 - Due** – Package quilt in labeled bag with Submission Form; hit the road!

Here is hoping we see lots of “Things” on 17 July.

- Linda

# May Wa Shonaji Recipe

## May Morning By Lingi Denza

Come out, come out, my dearest dear,  
Come out and greet the sun,  
The birds awake on tree and brake, The  
merry May's begun.

Come out and drink the diamond dew,  
Come out and tread the lea.  
The world is all awake, and you,  
And you are all the world to me.

Put on your gown of dainty white,  
Put on your bodice blue.  
For I have been waiting all the night  
To greet the May with you.  
And every tree is white with thorn,  
The village blithe and gay,  
Come out, come out this happy morn  
And be a Queen, and be our Queen of May.

The White Throat sings unto his mate,  
And I am singing too,  
For morning early, evening late,  
My heart is all for you.  
My songs shall blossom at your feet,  
My heart your throne shall be,  
For you are the Queen of May, my sweet,  
And all the world and all the world to me.  
Come out, come out, come out.

This poem means a lot to me because my mom used to sing it as a song, accompanied by my father on the piano (he had been her voice and violin teacher). After he passed away, she would occasionally and unexpectedly break out in a verse or two.

May brings back many memories from my childhood, graduations and graduation receptions where sheet cake, petit fours, butter mints, mixed nuts and punch were served. Of course, our church always had the Mother's Day Tea in the basement of the church. Ah, that 'old church basement smell', memories.

What do my memories have to do with all of us? For May, I propose something a little different. Instead of a recipe, let's have a Mother's Day High Tea by having tea (or your beverage of choice) in a lovely cup, finger sandwiches (we need more than sugar), petit fours and let us top it off with a lovely hat.

Sincerely,

Netta Toll

P.S. Petit fours can be found at Whole Foods in the bakery department and nearly all bakeries, and, of course, finger sandwiches MUST have the crusts removed.



# Wa Shonaji Zigs and Zags



Edith and Susan



Carolyn at the drop-off table

April 10, 2021 @ 10:30 am

Members of RMWS Quilt Group gathered together today on the Blair-Caldwell African American Research Library parking lot (2401 Welton Street - Denver, CO 80205) to exchange fist bumps, elbow 'kisses' and sneak a hug or two...from some members and friends whom we have not 'personalized' in over a year.

We exchanged bags of "scrap," thanks to Mary Lassiter's Scrap Quilt Challenge; selected quilt 'fixing' packets, generously donated by Luana Rubin of eQuilter, with assembly, pick-up, and delivery assistance from Karen von Phul Blackmon and Stephanie Hobson. These will benefit our community and neighbors, once completely quilted.

We experienced an 'outdoor' Show and Share of our initial 2021 Exhibit project- 'Faces', thanks to Exhibit Committee members- Joanne Walton, Linda White, Marcia Walker and Mary Lassiter. Lots of *ooohs* and *aaahs* resounded from the parking lot!

'Twas a glorious, sunny day and a heart-warming event!

De Lois M. Powell, PhD



Linda, Marcia, Artie, Reniese and Geneva

# Wa Shonaji Zigs and Zags

## Houston Quilt Festival

## Congratulations Karen and Stephanie!!

Wa Shonaji is going to the [Houston Quilt Festival](#) October 28-31!

Two rooms with king-sized beds are still available! \$888 for 3 nights (including taxes). Contact [Karen](#) if you are interested. 720-301-9237.

**Karen must receive all room deposits by June 1!**

Karen obtained a group discount on Southwest. Roundtrip flights are \$240.58. You leave Denver 6:45 am on 10/28 and land in Denver at 6 pm on 10/31 (in time for trick or treating!). A \$50 deposit is due ... The full amount is due September 13 (45 days before travel).

Luana suggested that Wa Shonaji look into a field trip to the [Texas Quilt Museum](#). Sounds fun! Who is interested?



"Why, yes, we are here for the quilt show! How did you ever guess?"

Let's give a shout out and a huge congratulations to **Karen von Phul Blackmon** and **Stephanie Hobson** for their art pieces being accepted in the 14<sup>th</sup> installment of the [African American Fiber Arts Exhibit](#) in North Charleston, SC. The annual juried exhibition features works in fiber created by 41 African American Artists.

Artists were challenged to create works that illustrate the idea of sankofa, an African word and symbol.



Sankofa is a word in the Twi language spoken by the Akan tribe of present day Ghana. It is associated with the proverb, "Se wo were fi na wosankofa a yenkyi," which translates to "it is not taboo to fetch what is a risk of being left behind." Today it is more simply interpreted as "go back and get it."

Sankofa also refers to the Asante Adinkra symbol used by the Akan people to represent the same idea, with one version appearing as a stylized heart shape and the other by a mythical bird with its feet firmly planted forward, its head turned backwards, and its mouth carrying a precious egg. Both the word and the symbols represent the concept of remembering our past in order to protect our future.

The exhibit will be at 2500 City Hall Lane in North Charleston. Viewing times are April 28 - June 25, 2021 from 8 am - 7 pm daily. Admission and parking are free.

## Comfort Quilts

Karen von Phul Blackmon still has a number of comfort quilt tops (all sizes) that need to be completed. Batting and backing fabric are included. The quilts are to be given to a person in need, charity, or someone in the community having a hard time. If you can take a quilt and finish it, please let [Karen](#) know. 720-301-9237.



# Wa Shonaji Zigs and Zags

## Vaccinated!!

The COVID vaccine is not fun, but the good news is that it is very effective and opens the door to fun things!

Here are some of the fun things Wa Shonaji members are doing or will do as soon as they are vaccinated!

**Joette Bailey-Keown** will visit her beautiful grandchildren in Los Angeles. Meet Ashtyn Brielle and Tristan Carter.



About a month after **Julie Marsh** and her husband, Doug, got their second vaccines, they flew to visit Julie's mom in Peoria, Illinois. They had not seen her mother since celebrating her 95<sup>th</sup> birthday on December 31, 2019. "It was so wonderful to be with her. All three of us enjoyed each other so much. And in another month or so, we'll get to see her again!

Exactly 2 weeks after her second dose, **Monica Lynn** will fly to CA to see/help her parents. She's made the drive three times during COVID - each time stopping only for gas and bio breaks. It will be a treat to make the journey in 4 hours instead of 16!

**What are your post-vaccination plans?**

**We'd love to hear!**

Please [share](#) for the next newsletter!

## Busy Busy!



This is a pattern from Craftsy, called "Les Amis", which translates to "the friends". I chose this pattern for its name. I've etched memories of both my Mother and Father by embroidering scripture on the bottom border which reminds me of their wise

counsel. The teal fabric reminds me of my best friend of 30 years who passed away of lung cancer a few months after I finished the quilt.

The backing has embroidered



images of dandelion, daisies and goldenrods which remind me of the area where my father found his happiness. The doves represent the loyalty and commitment we share with those we love. I keep the quilt where it's easily accessible for all to use on a cold day.

**~Les Amis! Rosemary Sherrell Oct 2018**

I'm finishing my Round Robin and a T-shirt quilt, and am really enjoying Artie's BOM. And I've copyedited or proofread three knitting books this year already. In a couple of weeks we're taking our COVID-postponed trip to five national parks in Utah! I need to look for quilt shops along the route...

**- Julie Marsh**

**What are you up to?**

**We'd love to hear!**

Please [share](#) for the next newsletter!

# Wa Shonaji Zigs and Zags

## Who Says Quilters Can't Double Task?

What do you listen to when you quilt? A book? A podcast? Music? Wa Shonaji's quilting playlist? Sweet silence?

My mother listens to Johnny Cash. When I quilt, I listen to audio books. I was delighted to learn during a conversation with Netta Toll about the May recipe that I am not alone! Netta is an avid listener of cozy mysteries and gave me a long list of recommendations. She likes series of books where you get to know a character and books that are not too serious, which is a great choice when you need to make sure that you are cutting a precise 3 7/8" square.

We thought it would be fun to share listening preferences and recommendations. It is nice to discuss something you heard with someone else and it is really nice to receive a glowing recommendation for your next great listen.

Here are some of Netta's recommended authors/books:

- C.J. Box (the Joe Picket series),
- M.C. Beaton (Agatha Raisin series - although at some point she stopped liking Agatha Raisin),
- Kevin Quan (Crazy Rich Asian books),
- Charlain Harris (Sookie Stackhouse, Aurora Teagarden, and Harper Connelly series),
- Kate Racculia (Tuesday Mooney Talks to Ghosts).

- Monica Lynn

What do you listen to while you quilt? Send in your recommendations and I will share them here each month!

### May Birthdays

12 May - Janet Scott  
20 May - Adrienne Bryant  
21 May - Iris Hawkins



### June Birthdays

4 June - Steve Bowley  
8 June - Mary R. Davis  
8 June - Annie Mabry  
8 June - Helen Stubblefield  
8 June - Netta Toll  
11 June - Helen Kearney  
11 June - Erna Sanderson (90<sup>th</sup>!!)  
26 June - Camilla Edwards

# Wa Shonaji Zigs and Zags

## Wa Shonaji Participates in Article for the Jefferson County Historical Society

Cynthia Shaw, a member of the [Jefferson County Historical Society](#), invited Rocky Mountain Wa Shonaji Quilt Guild to participate in an article she is writing for the Jefferson County Historical Society. Cynthia will compose and write the article from our responses to two questions she asked of our membership:

1. *What does Wa Shonaji mean to you?*
2. *How has it enriched your life?*

This article will appear in their annual publication, *2021 Historically Jeffco Edition*. The theme of the publication this year is "*Education and Diversity*." When this edition is published in the fall, Cynthia will make sure we get copies of the Magazine.

In Cynthia's words...

*"In my mind, the overall experience will be like piecing and stitching a colorful quilt together, and I just know the final product is going to be spectacular!"*

You, yes many of you, responded to this request, and I can't believe the responses and the warmth that was shown with your written words, regarding *What does Wa Shonaji means to you* and *How it has enriched your life*. There were 25 participants.

Even during this Covid-19 pandemic, Wa Shonaji continues to flourish, stay involved and connected to the community at large and to the larger quilting world through community service.

Yes, Rocky Mountain Wa Shonaji Quilt Guild is AWESOME.

- Joanne Walton



***In 2017, Cynthia Shaw interviewed Wa Shonaji member Elorise Hawkins regarding Eloise's employment and life with the Breeden Family at the Boettcher Mansion on Lookout Mountain in Golden, CO. You can watch the interview at [this link](#).***

# Quilting Threads

## Virtual Quilt Shows

Road to California presents [Road@Home](#). May 21-23, 2021. Road@Home features over 60 classes, events, lectures and professional development seminars.

[Vermont Quilt Festival](#). Join VQF for 10 days of online quilting classes, exhibits, gallery talks, vendor shopping & demos and more! June 17 - 27, 2021.

## Local Quilt Shows

[Quilt, Craft and Sewing Festival](#). July 8-10 at the Arapahoe County Fairgrounds. Admission is \$10 for 3 days.

Do you know about an exhibit, quilt show, class or any other type of event that will be of interest to Wa Shonaji members? If so, send it in and we will print it here!



## Rocky Mountain Quilt Museum Happenings

April 19-July 17. Jackie Grimaldi: Every Stitch Matters and Barbara Yates Beasley: Walk on the Wild Side.



- Every 4<sup>th</sup> Saturday from 1-3 pm starting April 24. Zoom class on color and composition with Lea McComas.
- May 9 at 2 pm. Barbary Yates Beasley: Windows in the Souls of Animals.
- June 13 at 2 pm. Marcy Wright: Depression Era quilts.

Lots more going on at RMQM! You can see it all at [RMQM.org](#).

*Shop at Amazon? If you do, shop [smile.amazon.com](#) and Amazon will donate .5% of eligible purchases to your charity of choice at no extra cost. The best part? You can choose RMQM!*

# Block of the Month

June is bursting out all over! We are half way to our destination! Yes, yes, yes!

June's Block of the Month is block number 4!

Congratulations to Camilla Edwards, Edith Shelton, DeLois Powell, Brenda Ames, Barbara Robinson, Marta Barron and Sandra Coleman (her first BOM) who have completed ALL TWELVE BLOCKS!

- Artie Johnson



Artie's June BOM

## Road Trip by Amber Plemones of Sew Simple Quilt Shoppe

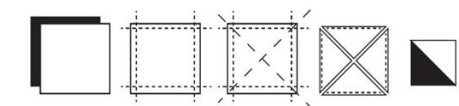
### Block 4 Directions

Background cut 1 - 10" Square

Block color cut 1 - 10" Square

Block border cut 2 - 1 1/2" x 11" and 2 - 1 1/2" x 13" rectangles.

Press your 10" squares nice and flat, I would use starch when pressing as you will be cutting these on the bias and that will help with stretching. Once they are pressed place them with right sides together and sew all the way around the outside of your squares with 1/4" seam. Then cut diagonally twice, Open and press to the dark, you will have 4 half square triangles, when pressing don't push your iron set it and pick it up to press another area to keep from stretching your fabric.



Take your four half square triangles and sew together to make a pinwheel as shown, then press. Trim your block down to a 12" square. Next you are going to cut your block in 3rd's - for this block you will be cutting it into 4" sections. Place your ruler on your center seam and cut 2" on each side of the center seam, both vertically and horizontally. When you are finished cutting you will have 9 sections.



Rearrange your blocks as shown to create a new block, sew together and trim to a 11" block. Then add 1 1/2" x 11" border to each side and then sew the 1 1/2" x 13" to top and bottom, trim block to a 12 1/2" square being careful to have the same amount of border on each side of your block.



# Block of the Month

## Sneak Previews



*Blocks*

*by*

*Brenda Ames*

*Camila Edwards is close to finished - only the binding and label are left!*

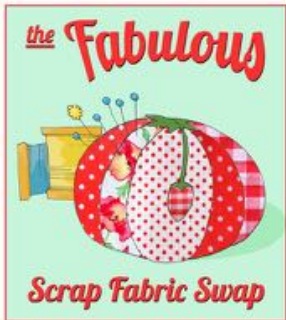


### *Edith Shelton's Blocks:*

The first five have borders, but I decided not to border the rest until I decide what the quilt layout will be. I chose blue because these two fabrics seem to belong together. Also blue is my favorite color so there's plenty of it in my stash. I put number tags on my blocks just to make life simple when showing them during our meetings.



# Scrap Fabric Swap



April 10, 2021 marked the inaugural Wa Shonaji Scrap Fabric Swap! Mary Lassiter and Jeotte Bailey-Keown organized the exchange of fabric scraps, which they defined as “quilt quality, 100% cotton scraps from your personal stash.” The scraps can be 2 ½ inch strips, 3” squares, rectangles, circles, fat quarter size, strips, strings, random pieces, odds and ends and everything in between.

The challenge is to create a scrap quilt project using as many of the scraps as you desire. Need more scraps? No worries - you can add some from your own scrap stash. There are no size or style limitations and finished quilts will be presented at the February 2022 show and share.

Mary shared some fantastic information about scrap quilts, some of which came from her sister, Carolyn Somerville. Mary and Carolyn love scrap quilts and have exchanged scraps with each other over the years.

For those of us who are interested in scrap quilts but just could not get their scraps together read on (all of this information is courtesy of Mary Lassiter)....

## Scrap Quilting Resources

- [Free Pattern](#)
- [Article on Scrap Quilting](#) by Bonnie Hunter
- "Sew from your stash" series by Lori Hold - a great series for those of us who love scraps.
  - [Sew From Your Stash Series #10 - Criss-Cross Star Quilt Block!](#)
  - [How Lori organizes scraps.](#) [All I could do was laugh.... so organized? yeah right! ]
- Quilting Daily - [Best Of: Scrap Quilt Blogs](#)

## A Label from One of Mary's Scrap Quilts

**I like scraps.**

Short ones, long ones, squares, triangles, circles,  
I like scraps!

- S - Scrappy quilts always teach me a lesson. The more I use or give away, the more the pile grows.
- C - Color and values remind me of the patchwork quilt of humanity.
- R - Reach deep into the scrap bin. You will find treasures there.
- A - A bit of this, a smidgen of that. A little bit of love goes a long, long way.
- P - Pleasant memories of quilts created before.

**By Mary Ellen Lassiter, Denver, Colorado  
Fall 2018**

**Scraps of cotton, cotton batting, machine pieced and quilted.**

# More on Scraps

## Reflections on Fabric Scraps

Talking about fabric scraps and the many ways you can use them in your sewing...

Sewing with scraps is a way to connect with our sewing ancestors, who would reuse old garments to turn them into new things in an effort to “*waste not, want not.*” These days, it’s rarely less expensive to sew something yourself than it is to buy it in a store, but there are ways to economize your sewing – and saving your scraps to use in future projects is at the top of that list.

I’m sure we’ve all heard “Oh, it’s just scraps.” Have you ever stopped to realize that your scraps cost you just as much per yard as the purchased original fabric from which they came? Your scraps could be worth \$9.00 or more a yard. Makes you think twice about tossing them out or relegating them to the lowly position of “just a scrap,” doesn’t it? :)

### So, what exactly qualifies as a scrap?

In general, a “scrap” is a leftover piece of fabric that is too small, on its own, to be used in another project by itself. The size of something that is considered “useful” may vary from seamstress to seamstress, but in general there are a few rules of thumb that can qualify a piece of fabric as a scrap for anyone.

Here are some questions to ask about a leftover piece of fabric, to evaluate whether or not it qualifies as a scrap:

1. Could I use this piece of fabric by itself to make a whole new project (or the majority of one)? Even if it’s a small piece, it might work for the outer fabric or the lining on something like a snap wallet or a holiday ornament.
2. Is it the right size to cut into a typical patchwork square for quilting? “Typical” might vary for every quilter, so you should evaluate it in terms of the size of fabric you normally use in your quilting projects.

If you can answer “yes” to these two questions, then the fabric may be more of a remnant than a scrap. The details are fuzzy at best, but, basically, if you can use the fabric by itself to make something else, even just one quilt block or patchwork square, then it’s probably not a “scrap.”

There is such a thing as a piece of fabric that’s too small to be scrap-worthy, too. So ask yourself:

1. Can I physically sew this piece of fabric to another one?
2. Is it large enough for me to maneuver it in my sewing machine without sewing through my own fingers?

If the answer is “no” to these two questions, then the fabric is too small for you to sew. It’s probably time to retire that piece to the trash. But if it’s big enough to sew to something else, keep it! It’s a scrap!

<https://thesewingloftblog.com/what-are-fabric-scraps/>



# Sister Stitcher Returns!



*Have you met Sister Stitcher? She is a mythical quilter whose quarter inch never wavers, whose bobbin never runs out, and who finishes her projects on time. She lives in a house that never needs cleaning, with a spouse who cooks and holds up quilts as requested. Her studio space measures 100x100, with lots of natural light. Oddly enough, it never needs cleaning either.*

*Sister is thinking about spring, and getting back in shape.*

*Hey Sister, it's been awhile! It was a long winter, but I can see spring coming. Crocuses in my yard! Snow tires off after Mother's Day!*

*And .....how many more pounds am I carrying? It must be five with every quilt I made, and I made at least 5. What the !#\$!!*

*Big Mama*

Big, Sister hears you. 2020 was a hard year for everyone. Stress eating plus comfort food equals Pandemic Poundage. The trick or treat kids never showed up, but all that Halloween candy didn't go to waste at Chez Stitcher. Without a dog to walk, Sister found herself staying at her machine for hours at a stretch, turning out one quilt after another. The longest walk she took was to her kitchen. The heaviest thing she lifted was a box from eQuilter.



Some overachievers overachieved. We know all those uplifting stories: centenarian Captain Tom Moore walked 100 laps around his garden to raise money for National Health, and we know about that triathlete whose husband tripped over her bike's power cord and knocked her out of a virtual race. And the Rockies, bless their hearts, trained for the season.

Well, no uplifting stories at the Stitcher home.

Now summer is coming. Shorts. Swimsuits. Yeah, about that....

Big, you know Sister doesn't want to feel like the Goodyear Blimp for the rest of her days. And you know she won't get back in shape in five minutes.

First, Big, we need to cut back on the stress eating and the comfort food. Much as she hates to admit it....If Sister hadn't bought all that candy for kids whom she knew wouldn't show up, it wouldn't have been in her kitchen. Or her mouth. No way around that inconvenient truth.

Sister can start doing her health some other favors. She can get up from her machine, go past her front door, and walk around her block to see the crocuses. (Mr. Stitcher should remind her to put on pants before she embarrasses herself.) She can do a few pushups, assuming the floor of her sewing room is clean. She can stretch her shoulders as **Karen Von Phul** got us all doing at our last retreat. It's no Boston Marathon, but it's something.



Eventually, Sister will find herself doing one more pushup, walking one more block. She'll feel better, more energetic. Without knowing it, she'll have lost a few pounds. That's when you, Big, compliment Sister on how good she's looking. As you've been doing the same things, Sister will certainly admire *your* new shape. There's nothing like some admiration to keep us motivated!

What is that saying about a journey of a thousand miles beginning with one step? One step will lead to great losses, the kind of losses we like. Getting outdoors more, seeing our loved ones, and shedding some Pandemic Poundage will surely lift all our spirits. Let's live long and prosper, Big.

## Helpful Resources for Healthy Quilting

[Ten Exercises for Quiltmakers](#) - AQS Blog

[Stretches for Quilters](#) - The Quilter's Planner

[Sew Healthy](#) - Quilting Daily

[Healthy Sewing Tips](#) - allpeoplequilt.com

[The Amazing Benefits of Quilting](#) - So Sew Easy



# Tips 'n Tricks

## Quilt Labels

[Adding Quilt Care Labels to your quilt](#) (from Marta Barron)

[Quick Quilt Labels](#) - Carole Lyles Shaw

[Using the Computer to Make a Label](#) - from Quilting Daily

[Printing Labels with Freezer Paper](#) - from Patchwork Posse

[Making Quilt Labels](#) - from Allpeoplequilt.com

## Don't Forget About Quilt Sleeves!

[Hanging Sleeve Instructions](#) - from AQS Quilt Week

[How to Make an Easy Quilt Hanging Sleeve](#) - from Spruce Crafts

## Seam Ripping 101

- From the Missouri Star Quilt Company

Don't fear the ripper! It's easier and faster than you think! This [video](#) covers all you need to know about seam ripping, including tools, techniques, tricks, and ways to fix mistakes. Topics covered are:

- Different seam rippers
- How to rip a seam
- How seams work
- "What if I rip the fabric?"
- Using stabilizer to patch the fabric
- Using Bo-Nash to patch the fabric
- Ripping out the quilting pattern
- TIP: Bulky seams or fixing a point

## Popping Seams for Flat Quilt Blocks

This [useful technique](#) seems timely given this year's block of the month pattern!



**Do you have a favorite tip or trick?  
Have you come across a new one?  
Please share! We all would love to  
hear it!**

## Organize Your Sewing Space

[31 Days to an Organized Sewing Space](#)

Game on! Who can make their reality a dream?



# Accidents in North American Quilting

NOTE FROM EDITOR: One of my non-quilting passions is rock climbing. Published annually, *Accidents in North American Climbing* documents the year's most significant and teachable climbing accidents. To help climbers avoid similar problems, each incident is analyzed to show what went wrong. I recently finished a quilt for my son and daughter-in-law. Before I took it to the quilter, I had an epic "accident." Accident is in quotes because, like most accidents, it was avoidable.

As I was compiling the beautiful show and share quilts and other projects that Wa Shonaji successfully completed, I started thinking "what about the things that didn't go as planned? What about the mistakes?" Just as with climbing accidents, which often have more dire outcomes than two fabrics sewn wrong sides together, we can learn from each other's mistakes and elicit advice on how to deal with quilting emergencies. This column will feature two parts: 1) a new quilting accident and 2) feedback from the membership on the previous month's accident.

At the very least, we can share a chuckle and not feel so alone in our goof-ups. So please, send me your "teachable moments" (I know you must have one or two) and/or your advice on how to remedy the accident of the month. I'll kick it off this month!

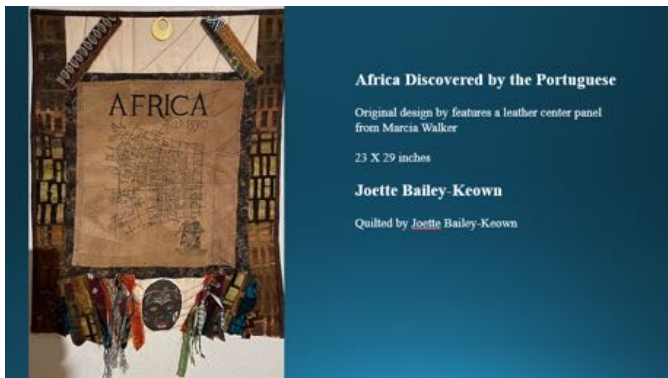
**The Accident:** I made my son and daughter-in-law a Double Wedding Ring quilt as a wedding gift. It was hard. Everything was on the bias, I was pressed for time and each block had 64 pieces and a seemingly infinite number of seams to match. I had just finished the quilt top and was preparing it for the quilter. It was on my cutting table, kind of draped over the side. I walked into my quilting room to admire it with (gasp) a cup of coffee in my hand. With all my usual grace, I bumped another table and stumbled, splashing coffee on my beautiful quilt. Horrified, I scooped it up and ran into the laundry room where I tried to spot clean the coffee (what was I thinking? It was spattered all over the quilt). As I was working my way across the quilt I noticed that despite pre-washing the purple batik fabric in Synthrapol and vinegar, it was bleeding. In a complete panic, I once again scooped up the quilt and threw it in the washing machine, along with 4 color catchers, at least two cups of vinegar, ½ cup of Synthrapol and a scoopful of Oxyclean. I put the machine on soak and extra rinse for good measure. When it came out, I

laid it out in the living room on towels and made sure it was square and let it dry. Most of the coffee was gone, but my adventure was not over. The quilt was a wrinkled mess and the back was a knot of frayed fibers. It took me three nights of ironing and snipping to fix the mess.

## Help! What Should I Have Done Differently?

Granted, I'm known for running into fixed objects and spilling liquids. Hence, obviously, I should not have left the table in the middle of the room and should have used brown background fabric to hide potential coffee spills. Given that I did spill coffee on white fabric, what should I have done differently? Do you have any advice on spot cleaning? Ensuring color-fastness? Washing a quilt top before quilting (other than "don't!")? Anything else?

# April Show and Share

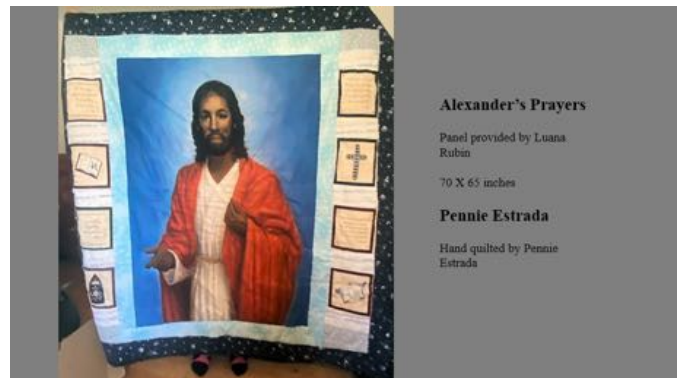


## Africa Discovered by the Portuguese

Original design by features a leather center panel from Marcia Walker  
23 X 29 inches

**Joette Bailey-Keown**

Quilted by Joette Bailey-Keown



## Alexander's Prayers

Panel provided by Luana Rubin

70 X 65 inches

**Pennie Estrada**

Hand quilted by Pennie Estrada

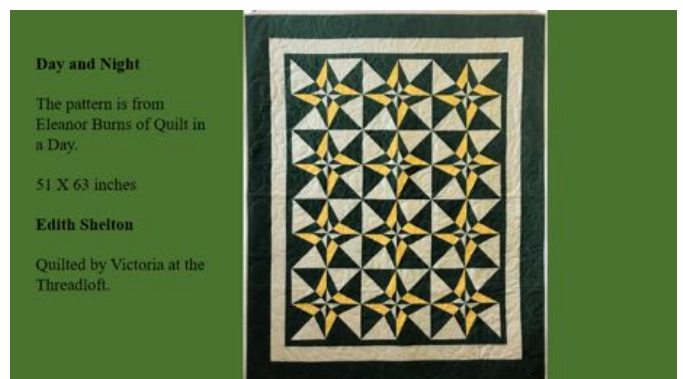


## Birthday Cake Table Topper

Adapted from a pattern

24 X 24 inches

Birthday Gift to Linda White



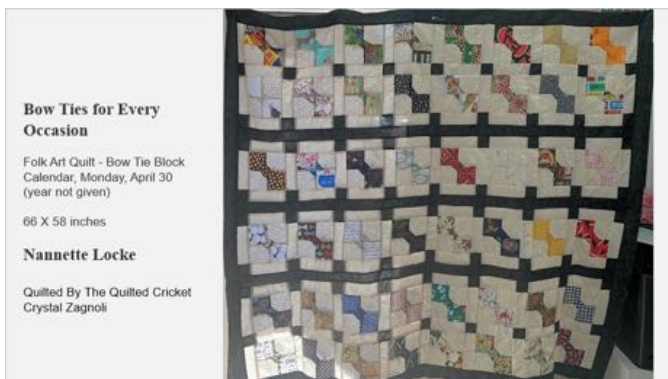
## Day and Night

The pattern is from Eleanor Burns of Quilt in a Day.

51 X 63 inches

**Edith Shelton**

Quilted by Victoria at the Threadloft.



## Bow Ties for Every Occasion

Folk Art Quilt - Bow Tie Block Calendar, Monday, April 30 (year not given)

66 X 58 inches

**Nannette Locke**

Quilted By The Quilted Cricket Crystal Zagnoli



## Reverse of Bow Ties



**Joanne Walton**



## Friends Forever

The French Quarter pattern

45 X 45 inches

**Toni Reddick**

Chain Stitch Embroidery in the Border and Big Stitch Hand Quilting Toni Reddick

# April Show and Share



**Jewel Box**  
 Pattern found on the internet  
 70 X 70 inches  
**Toni Reddick**  
 Quilted by Hazel Garcia



Joanne Walton



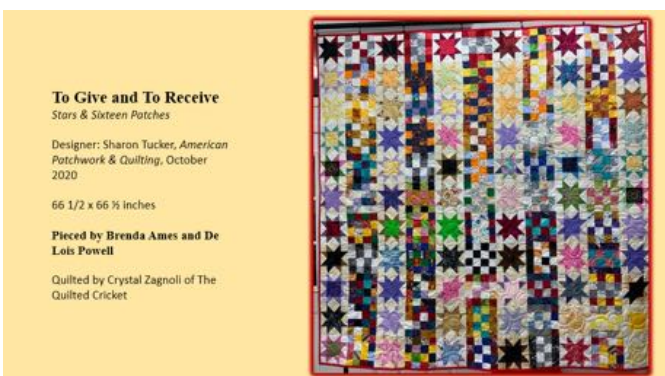
**Mama Butterfly and Her Babies**  
 26 X 26 inches  
 RMW Quilt Group 2020  
*Round Robin*  
 Joanne Walton, Dr. De Lois Powell, Geneva Lottle, Pennie Estrada, Nannette Locke  
 Quilted by Crystal Zagnoli of The Quilted Cricket



**The Happy Hedgehog**  
 original setting from internet photo  
 14 X 14 inches  
**Artie Johnson**  
 Hand embroidery and quilting by Artie Johnson



**Tiny Bubbles**  
 Designed adapted from a Sashiko pattern  
 12 X 14 inches  
**Linda White**  
 Hand embroidery & Machine quilting by Linda White



**To Give and To Receive**  
*Stars & Sixteen Patches*  
 Designer: Sharon Tucker, *American Patchwork & Quilting*, October 2020  
 66 1/2 x 66 3/4 inches  
 Pieced by Brenda Ames and De Lois Powell  
 Quilted by Crystal Zagnoli of The Quilted Cricket



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# Recipes to Inspire Creativity

## Green Chili Chaffle (From Netta Toll)

Makes 1 full size chaffle or 4 mini chaffles  
(Dash waffle iron size)

Preheat waffle iron to very hot.

### Ingredients:

- 1/2 cup grated mozzarella cheese
- 1 1/2 cups grated cheddar cheese
- 3-4 tbsps canned chopped green chilis
- 4 eggs
- 1/4 teaspoon toasted ground cumin
- Optional - 2 heaping tbsps almond flour (produces a more 'regular waffle' texture)
- Oil for oiling the waffle iron

### Preparation:

Mix the cheeses in a bowl. If using almond flour, add and toss to coat the cheeses. Beat the eggs with green chilies and cumin. Pour egg mixture over cheeses and mix.

Make sure the waffle iron is VERY hot. Oil bottom half of the waffle iron, pour entire mixture onto large waffle iron. Oil the top of the waffle iron and hold down to distribute batter and to get good contact with the batter, or use 1/4 of the mixture in a mini Dash waffle iron using the same procedure.

Allow to cook until it stops steaming (my Belgian Waffle Iron requires 2-3 cycles). Allow to cool on a rack for a crispy outer texture. Reheat in a toaster.

## Best Ever Caesar Salad Dressing (From Joanne Walton)

- 1 small garlic clove, minced
- 4 olive oil-packed anchovy fillets, drained
- 1 Tbs. fresh lemon juice
- 1 Tbs. red wine vinegar
- 1/4 cup extra-virgin olive oil
- 2 Tbs. mayonnaise
- 1/4 cup finely grated Parmesan cheese
- Kosher salt
- Freshly ground black pepper
- 3 hearts of romaine lettuce, trimmed, washed, dried, and cut into bite-sized pieces
- A handful of cherry tomatoes

In a blender or food processor, puree the garlic, anchovies, lemon juice, vinegar, olive oil, and mayonnaise until smooth. Add Parmesan and give the dressing a few pulses just to incorporate the cheese. Season to taste with salt and pepper. (Alternatively, finely chop the anchovies, put them in a bowl with the rest of the ingredients, and whisk everything together.)

Put the lettuce in a large bowl and drizzle nearly all of the dressing over it. Make sure each and every piece of lettuce is coated with dressing. Divide the dressed lettuce among four plates. Divide the tomatoes evenly among the salads and drizzle the last bit of dressing over the salads. Serve immediately.

Serves 4. Recipe by Julia Turshen

## Affogato (From Netta Toll)

### Ingredients:

- 1 shot espresso (extra strong coffee or strong tea)
- 2 scoops vanilla gelato or ice cream
- 1 splash amaretto (or your liqueur of choice)
- Optional: shaved dark chocolate and chopped nuts

### Instructions:

1. Brew the espresso (extra strong coffee or strong tea). Using your desired brewing method, brew your beverage of choice.
2. Scoop the ice cream. As the beverage is brewing, drop 2 scoops vanilla gelato or ice cream into a small drinking glass.
3. Add the beverage and liqueur. Pour the beverage and a splash of liqueur over ice cream.
4. Garnish and serve. Top with shaved dark chocolate and chopped nuts, if desired.

