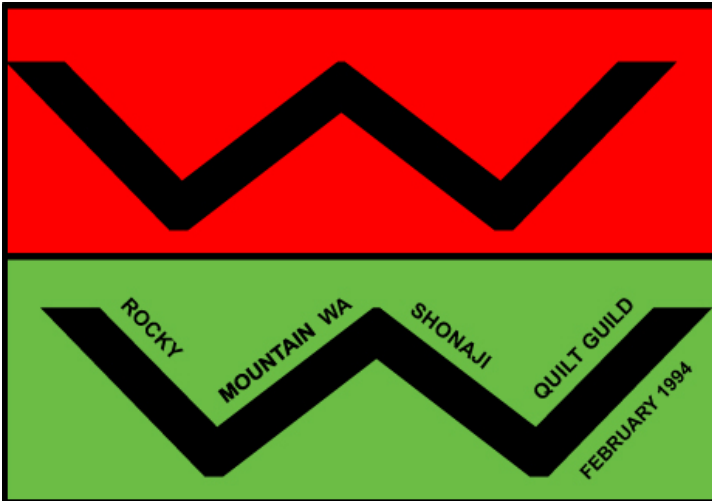


# Rocky Mountain Wa Shonaji Quilt Guild

March 2022 Newsletter



## Tighten Your Laces!

The March meeting activity is going to be a Jelly Roll Race! Details are coming soon via email.

The Guild will meet at the Sam Gary Branch Library, 2961 Roslyn St, Denver, CO 80238. The Board Meeting begins at 10:30am and the General Meeting is scheduled for 11:30am. Zoom attendance is still an option if you cannot make the meeting in person!



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**Exciting Opportunity with WSQG!** WSQG is seeking an Assistant News Editor! Flexible hours and exciting work with a high level of intrinsic reward! The Assistant News Editor would help the News Editor with collecting information for the Quilting Threads and Tips and Tricks pages. No previous experience required! Email [Monica Lynn](mailto:MonicaLynn@wsqg.com) if you are interested!

**January 2022 Newsletter Correction:** An item on page 4 under Secretary's Scraps regarding Camilla Edwards finishing a quilt should read: Camilla Edwards recently finished quilting a quilt that was originally made as a Wink's Lodge activity. The quilt was a collaborative project involving several members of RMWS. Each participant donated a block with a patriotic theme. The Wink's Lodge activity never panned out, so the participants decided to donate the quilt to the VA's Freedom Quilt project that Karen Von Phul introduced to the guild.

# President's Piece

Members of Rocky Mountain Wa Shonaji Quilt Guild,

The Rocky Mountain WaShonaji Quilt Guild is going into a new year and our members continue to create beautiful quilts. It looks like the country has a handle on the COVID virus so more and more of us are able to get together in person. There are several activities planned for 2022 where we will be able to learn new quilting techniques and improve our existing quilting skills. Personally, I just like to get together with our members to see the new quilts made by the members!

Remember - we will be meeting in some new locations. On March 5, 2022 we will meet at the Sam Gary Library (2961 Roslyn Street, Denver, CO). Starting in April, we will meet at CrossPurpose (3050 Richard Allen Ct, Denver, CO)

Keep quilting and watch the newsletters, the General Meeting minutes and the website to stay current with WaShonaji's 2022 activities. Stay healthy and I think 2022 will be a good year.

- *President - Geneva Lottie*

## Parliamentarian's Patch

### Know Your Bylaws: Article III - Membership

Membership in the Guild shall not be restricted on the basis of race, nationality, gender identity, age or religion. Annual membership runs from January 1 - December 31. Any applicant will be accepted for membership upon payment of dues, as established by the Executive Board.

The Guild has four classes of membership:

- Individual members who can vote on matters coming before the membership, hold office, serve on committees, attend Guild meetings and exhibits at no additional cost and attend those programs for which there is a fee at member pricing.
- Patron members do not have a vote and cannot hold office, but can attend meetings and participate in programs and exhibits at no additional cost, serve on committees and receive member communications from the Guild.
- Junior members pay a nominal fee, are sponsored by an adult member of the Guild and have full Individual Membership privileges
- Honorary membership is awarded to pay tribute to individuals who have given outstanding service and contributed to the betterment of the Guild or to the wider world of quilting. As lifetime members with full Individual Membership privileges, they are exempt from dues.

Guests can attend one meeting without charge. No member shall distribute the membership roster, mailing list or newsletter without Executive Board authorization. Only members and guests invited by the Board can submit items for exhibits and Guild-sponsored events.

Members may be expelled for conduct unbecoming a member; expulsion requires a hearing and 2/3 vote of the elected and serving Board members.

# Secretary's Scraps

## Highlights from the January Meeting

- 29 people attended the meeting; 13 in person and 16 via Zoom. DJ Alisha B attended the meeting as a guest.
- Linda White reported that she had received 24 renewal membership payments for 2022.
- Joette Bailey-Keown is taking over the position of VP Programs. Joette is planning on surveying the members for ideas and plans to draft a calendar. She would like to include trips, workshops, and discounts.
- Joanne Walton proposed selecting an affirmation in place of a New Year's resolution. Please send your word to Monica Lynn so she can include it in the Newsletter.
- Happy Birthday wishes to Keri Mills, Di Nyce Brooks-Gough, Marta Barron, and Carolyn Somerville.
- Marta Barron is in the hospital for Covid. Asking for prayers of recovery. You may send a card to: Marta Barron, 1832 Black Lake Blvd, Winter Garden, FL 34787.
- Netta Toll inquired if we are providing hospitality to the Colorado Quilt Council team for the Quilt Documentation which has been in March in past years. The liaison, Christine Jacques, is not attending the meeting in person today. If we schedule Documentation, we need to locate a site.
- Drinks will be provided for February's meeting at the library. Bring your own lunch along with your decorated lunchboxes. A lunch will be provided for Gary Jackson, who is our speaker on February 12, 2022. The General Meeting agenda topics will be skipped since Gary is expected to start at 11:30am.
- There are roughly 18 or 19 quilts in the Comfort Quilt inventory. Consider donating a quilt that has not been used. This donation can be made in lieu of your birthday month quilt. There is no size limit.
- The guild sent 3 quilts in December to Keri Mills' employee who lost her home in a fire. Marcia Walker provided one quilt and the other two came from the "Luana Rubin stash".
- Ann Worsencroft explained we have a new host for the website and seems to work better than the old one. Response times are faster. The Forum is operational but is not being used. Ann is considering two other options members may be interested in using between meetings. More information to come.
- Scrap Quilt Challenge quilts are due next month.
- [January's Show and Share participants](#) were Camilla Edwards, De Lois Powell, Linda Hernandez, Linda White, Pat Moore, Joanne Walton, Joette Bailey-Keown and Geneva Lottie.

# Secretary's Scraps

## Highlights from the February Meeting

- 37 people attended the meeting; 16 + guests in person and 21 via Zoom.
- Linda White reported that she had received 38 renewal membership payments for 2022.
- Joette confirmed the Guild can meet at CrossPurpose (3050 Richard Allen Ct in Denver) from April through December 2022. The room is reserved from 9:30am – 4pm. The space is comparable in size to the room at the Blair Caldwell Library and there is a second space, if needed. Since the room is available for free, Joette proposed that the guild make a donation equivalent to what was paid to the Blair Caldwell Library. The guild has paid Blair Caldwell Library \$50 per meeting (\$10/hour). Joanne Walton motioned for the Guild to donate \$50 per meeting to CrossPurpose. Ann Worsencroft seconded the motion and the Guild approved the motion.
- The hybrid meeting place for March will be at the Sam Gary Branch Library, 2961 Roslyn St, Denver, CO 80238. The Board Meeting begins at 10:30am and the General Meeting is scheduled for 11:30am.
- Beginning April 2022, Board meetings at CrossPurpose will begin at 9:30am, General Meetings will begin at 11:00am and classes will begin at 12:45pm.
- Before April's meeting, Ann Worsencroft would like perform a test run for a hybrid meeting at CrossPurpose.
- All date, times and locations for hybrid meetings can be found on the [website's calendar](#).
- The Guild will gather in September at Joette's or Ann's house. Members can bring any quilt they would like to show.
- Traditionally, the Guild does not meet in August and December. It was proposed to show the quilts for this year's Virtual Exhibit on August 6th, at CrossPurpose. Joette will check if the December Luncheon can be held at CrossPurpose.
- 2022 Programs being scheduled will include how to make a bag, quilt as you go, how to maintain a machine, a shop hop and a class on binding options. Please check the website calendar for updates, materials, etc.
- Chris Jacques is also a member of the Colorado Quilting Council. She informed us that Valerie White (RMWSQG member) is the guest speaker at CQC on March 26th at 10am via Zoom. The title of her topic is "My journey from Traditional Quilter to Art Quilter." Chris will ask the host of CQC to invite us as a Featured Guild. Chris will send more information.
- Joette Bailey-Keown expressed her gratitude to Joanne Walton and Marcia Walker for the quilt they donated to Joette to pass on to a victim of the Marshall Fire.

**My friend told me she held a world record in quiltmaking.**

**I suspect the whole story was fabricated.**

# On Point with the Exhibit Committee

## Mini Quilt Exhibit: Words

The theme for the 2022 12.5" x 12.5" virtual exhibit is "Words." Drop-off for the quilts is **Saturday, April 2 at CrossPurpose** (3050 Richard Allen Ct., Denver, CO).

## Large Quilt Exhibit: Creating Connections

The theme for the 2022 large quilt virtual exhibit is 'Creating Connections.' Drop-off for the quilts will be on a Saturday in July.

### Guidelines for both exhibits:

1. The finished mini quilt should measure 12.5" x 12.5" square. There are not any size restrictions for the large quilt.
2. The entry must have a label on the back.
3. No canvas or sleeve is required.
4. Submit entries in a pillowcase or bag labeled with your name (no plastic grocery bags).
5. A completed [Exhibit Submission Form](#) must accompany each piece. You will need to sign in to the website to access the form.
6. No bio is required. Instead, write an Artist's Statement describing the inspiration, history or story for the piece. Submit the Statement by email to [Joanne Walton](#) BEFORE the drop-off date.

Some inspiration for Words:

- Words all around
- Say what you mean
- Voice
- Communication
- Less talk, more action
- Resistance

Some inspiration for Creating Connections:

- How do you create connections
- Tell your story of family, friendship, new beginnings (during or after 2020...)
- Make a memory quilt
- Use photos
- Recycle – reuse – recreate
- Use personal items – wedding or bride's maid dress, linens, scarves, tablecloths, hankies, shirts, neckties, denim, baby clothes, old textiles including marks, stains, tears, quilt fragments

These are only ideas. Use your imagination and creativity to make your quilt speak to you. Of course, you may enter more than one piece to express yourself.

**Questions? Contact the Exhibit Committee:**

- [Joanne Walton](#)
- [Linda White](#)
- [Marcia Walker](#)
- [Mary Lassiter](#)

# 2022 Block of the Month

Wow! Some of our participants are really on it! Congratulations to Edith Shelton and Brenda Ames for completing their quilt top and DeLois Powell for finishing all her blocks. Most are just thinking of the project, some are deciding, should I or should I not and some have forgotten about the whole thing. The blocks are easy and fun to make.

The quilt size is 54.5"X64.5". If you wish to make it larger, just add more borders.

All instructions are on the internet: [I Love to Make Quilts - Fall Frolic Sew Along](#)

If you have questions, [email](#) me or call me at 303-364-7723.

- Artie Johnson

## Fall Frolic Schedule

Month	What you get to work on!
January	Cut out sashing
February	Block 1 - Swirling Fall Leaves
March	Block 2 - Pumpkins
April	Block 3 - Sweaters
May	Block 4 - Back to School; work on setting blocks
June	Block 5 - Windows Open
July	Block 6 - Apple Picking; work on setting blocks
August	Block 7 - Fairs, Football & Tailgating
September	Block 8 - Cozy Nights; work on setting blocks
October	Block 9 - Fall Flowers
November	Assemble your project
December	SHOW OFF YOUR BEAUTIFUL PROJECT!

## Blast From the Past!

### March 2002 BOM





# Wa Shonaji Zigs and Zags

## Upcoming Wa Shonaji Programs

- March 5: Jelly Roll Race!
- April 2: Cathedral Windows quilt, taught by Di Nyce Brooks-Gough.
- June 4: The Alkebulan Reversible Tote, taught by Varna Nolen.

March is National Quilt Month and March 19 National Quilting Day! Can someone explain why it isn't a paid holiday?

## Scrappy Challenge Quilts Finished!

Last year, WSQG members anonymously exchanged scraps. Recipients did not know the sources of the scraps. Mary A. Davis, Artie Johnson, Geneva Lottie, Camilla Edwards, and Marry Lassiter shared their quilts (virtually and in person) at the February Guild meeting. View the beautiful results in the [gallery](#) on the WSQG website.

## Scraps Are Somethin'

*By Carolyn Somerville*

Oh, those scraps are somethin'!  
If you take the time to listen to what I'm tellin' you,  
You may understand more clearly what a piece of scrap can do.  
Whether snipped from your own project or repurposed, thrifted parts,  
Scraps are blessings in disguise if you'll view them with your heart.  
When you're workin' on a quilt and the color seems askew,  
Dig into your scrap bin, there's an answer there, or a clue.  
When you place them in your work, they will come shinin' through,  
Singing "look at me, look at me; I'm a smilin' back at you!"  
When you chuck them in a box because you think the scrap is through?  
They will multiply before your eyes, reproducing one or two.  
If you're just not into "scrapin", then more power unto you.  
Toss them in a bag and share them, bid those scraps a fond adieu!  
You can throw them in the trash, considering them as waste,  
But if you pass scraps on, they can sprinkle another's quilt with grace.  
Oh those scraps are somethin'!

## Wa Shonaji Retreat

The WSQG Retreat will be October 13-16, 2022, at the Highlands Presbyterian Camp and Retreat Center in Allenspark, CO.

If you would like to attend, please send a \$75 deposit by the end of March to:

Rocky Mountain Wa Shonaji Quilt Guild  
Attention Nannette Locke.  
P.O. Box 370405  
Denver, CO 80237-0405

The cost for the retreat depends on when you arrive:

- \$247 – Arrive after 9:00 am on Thursday, October 13; meals begin with lunch.
- \$231 – Arrive after 1:30 pm on Thursday, October 13; meals begin with dinner.
- \$175 – Arrive after 9:00 am on Friday, October 14; meals begin with lunch.
- \$164 – Arrive after 1:30 pm on Friday, October 14; meals begin with dinner.

An extra \$5 will be charged for arriving before 9:00 am Thursday morning. All prices include \$5 for a gift bag.

Call Karen Von Phul if you have questions.  
720-301-9237.

**Never be  
limited by other  
people's limited  
imagination.**

**- Mae Jemison**

# Wa Shonaji Zigs and Zags

## Wa Shonaji Exhibit at Red Rocks Community College

In January, Wa Shonaji responded to a request from Red Rocks Community College for an exhibit honoring Black History Month. The Exhibit was on display in the Marvin Buckles Library on the Lakewood Campus through the end of February.

On 3 February, Mary Lassiter spoke at the Artist's Reception. She gave an informative talk about quilts and quilting, including samples of mud cloth and indigo.

The display area is light and bright accenting the colors and designs of quilts hung on the walls and on racks.

This was the third invitation to exhibit at the College, and Wa Shonaji looks forward to collaborating with staff again.



## Artie's Scrap Projects

Artie Johnson's Scrap Project was a table runner that she displayed at the February meeting. She also used scraps to make some smaller projects that can be used for stocking



stuffers or other small gifts: bookmarks, padded scissor keepers, credit card holders, sunglass cases, mug rugs and zipper bags. Artie says "Now that I've used up someone else's scraps, it's time for me to get busy and work on my own. Happy scrapping!"

## Wa Shonaji Presents at the Loveland Museum

WaShonaji Quilt Guild will present "Stitches in Time: The Roots of African American Quilt Making" at the Loveland Museum (503 N Lincoln Avenue, Loveland, Colorado) on March 31, 6-8 pm with a meet and greet at 5:30 PM. Through a trunk show of member quilts, the Guild will share a historic narrative about quilts.

## Wa Shonaji on The Road

Wa Shonaji received an invitation for a trunk show at the Monarch Quilt Guild of Salida/ Buena Vista, CO. The trunk show will be Monday, September 12 from 10:30 - 11:30 am at the Poncho Spring Town Hall (330 Burnett Ave., Poncho Springs, CO 81242).



# Wa Shonaji Honors Black History Month

## Decorated Lunchboxes

Decorated lunchboxes is a Guild tradition held in February to honor Black History Month. It is a tribute to the time when African Americans were not allowed to eat in restaurants so they packed lunchboxes for traveling across the country by car or train.

Themes for Black History Month are chosen by the [Association for the Study of African American Life and History](#), the organization founded by Carter G. Woodson. In 1926, the noted scholar helped establish Negro History Week, which would later expand to last the entire month of February.



Joanne Walton's Lunch Box

The theme for the 2022 Black History Month is "Black Health and Wellness," a theme that resonated for Joanne Walton given the ongoing COVID-19 pandemic and the racial disparities in health care. Camilla Edwards dedicated her lunchbox to the lives of African American quilters, past and present.

## Lincoln Hills Presentation

At the February meeting, retired Judge Gary Jackson, a recent inductee into the Blacks in Colorado Hall of Fame, and his sister, Dr. Kimberle Jackson-Butler, gave a presentation on the rich history of [Lincoln Hills](#), of which his great-grandfather was one of the original builders. As part of the presentation, Jackson and Butler displayed a [quilt](#), designed by Judy Haslee Scott, depicting life in Lincoln Hills. Scott also wrote "[Eliza's Rail Tales](#)," a book about quilts and the underground railroad .

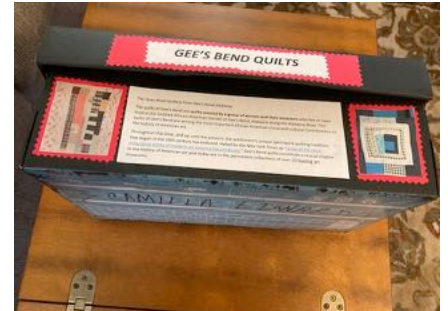
## A "Green Guide" for Today

The Inclusive Guide is described as a cross between the Green Guide and Yelp. [Inspired by discomfort on a hunting trip in rural Colorado](#), it allows customers to rate businesses on whether they foster welcoming environments that celebrate all identities. Check out the [website](#) to sign up or find out more information. Be patient, the project is new and just getting off the ground!

## Memphis Rox

[Memphis Rox](#) is a non-profit climbing gym in Memphis. There is not enough room here to describe the incredible impact Memphis Rox has had on, not only but especially, Black youth in the community. It is an amazing story, much of which is told in the wonderful documentary, [Black Ice](#).

## Three Sides of Camilla Edwards' Lunchbox



# Quilts for Victims of Marshall Fire

**From Luana and Paul Rubin of E-Quilter:**

Our community is still reeling from the wildfire that destroyed over 1000 homes in a Boulder suburb on December 30. We have had many queries about donating comfort quilts, and we are ready to start this process of receiving and distributing quilts for the #MarshallFire.

As you may know, helping those in need is part of the mission of eQuilter. In addition to raising \$1.88 million for charity and non-profits over the last 22 years, we have collected and distributed over 15K donated comfort quilts to those who have suffered a grave loss. Our partnership with Mission of Love and Engineers Without Borders, and locally with the Boulder Emergency Taskforce, has ensured that the quilts are personally distributed to those most in need. We take this responsibility very seriously, which is why generous quilters know they can trust us with their donated quilts.

If you wish to help those who have lost their homes, we first encourage you to donate to the Boulder Wildfire Fund, (listed on this blog post as our #1 choice) because right now the needs of these families are more basic and urgent. For the long term, if you wish to make a BED-sized quilt for a family who has lost everything in the fire, we ask that you donate a Twin, Full or Queen size quilt. We will accept Lap Quilts but again, we encourage you to think about those who lost the contents of their homes including their beds.

We also encourage you to put a LABEL on the back with your name, the year, and a message of encouragement to the recipient. We will accept quilts through June 1st, and then we will re-evaluate the project. We know our community's recovery will take a very long time.

As always, we request that these are new/un-used quilts, odor free (no perfume, cat box or cigarette odors please) and pet hair free. (for those who are allergic) This is a quilt drive only, so please do not send blankets or other non-quilt items. Thank you for helping us with these guidelines.

Our offices are still not open to the public due to Covid, (we are trying so hard to keep our staff safe) but you can deliver any donated quilts to our front door during business hours (Mon-Sat, 8 am to 5 pm) and we safely store them until they are distributed. If you ship quilts to us, please get a TRACKING number so you can confirm it was received. We will not have time to confirm receipt of every package. If you need to drop off outside of business hours, contact us and we can make alternative arrangements.

eQuilter.com, Attn: Marshall Fire  
6201 Spine Rd, Suite A  
Boulder, CO 80301  
Call 303-527-0856 or  
email [service@eQuilter.com](mailto:service@eQuilter.com)

## Other Places to Drop-Off Quilts

- High Prairie Quilts in Parker: 18870 E. Plaza Dr., Unit 102. 303-627-0878
- Holly's Quilt Cabin in Centennial: 8210 S. Holly St. 720-529-9759
- The Creative Needle in Littleton: 6905 S. Broadway, Ste. 113.
- Front Range Modern Quilt Guild in Englewood: 3370 S. Broadway. 303-997-4372.
- The Sewing Circle in Fort Collins: 4112 S. College, Ste 113. 970-672-2147.

# 2022 Word of The Year

Instead of (or in addition to) setting New Year's resolutions, some Wa Shonaji members are picking a "Word of the Year." The idea is to set goals or intentions for different areas of your life and have them all tie back to your word. For example, if your word of the year is "abundance" you might have sub-goals of investing in an abundant number of friendships, or hitting an income goal, or spending more quality time with the people you love without your phone. "Discipline" could entail going to the gym, sticking to an evening routine, and no longer being late to meetings. By tying all your goals back to your overarching word, it is easy to keep them at the front of your mind.

"When you choose a Word of the Year, it is important to choose one that is personal, significant and actionable. It shouldn't be a word that makes you think "oh that's nice," and you move on. It should be something that lights a fire under you and drives you toward action.

Haven't picked a word yet? Here are some ideas:

Serenity	Joy	Decisive	Growth	Goodness	Thankfulness
Wisdom	Creativity	Perseverance	Faith	Dreams	Foundation
Grace	Unity	Persistence	Anxious	Love	Focus
Laugh	Acceptance	Organization	Hope	Journey	
Peace	Appreciation	Patience	Serenity	Do	
Hope	Maintenance	Loving	Clarity	Gratitude	

**Carolyn Somerville - Focus.** Focus is the brain's ability to concentrate its attention on a target stimulus for any period of time. Our brain directs focus capability by suppressing interruptions from irrelevant bits and pieces to allow important information to be processed more deeply. Concentrating on one thing means ignoring many other things. The ability to focus is important because it is the gateway to all thinking: perception, memory, learning, reasoning, problem solving, and decision making. I have a number of PHDs (Projects Half Done) not only in my quilting, but also in the rest of my life. My goal in 2022 is to improve mental clarity with a concerted effort toward the development and application of FOCUS!

**Monica Lynn - Confidence.** I strive to have the confidence to know who I am and to trust my choices when quilting.

**Paula Clifton - Intentional.** "My word for this year will help me stay on track and is the guide for other goals. This year I will be more Intentional about being kind, practicing mindfulness and staying connected with people I care about."

**Edith Shelton - Perseverance.** The dictionary defines perseverance as "continued, patient action, persistent, steadfast." I think that perseverance reflects how I've lived my life. One must persevere through/in - however your life is going, good or bad.

**Linda Hernandez - Faith.** What is the importance of faith? While the oxygen in the air nourishes the body, faith nourishes the heart and the soul. It is the energy that courses through every single fiber and cell within our beings. It's part of every muscle and every strand of thought. It is the fundamental foundation of our existence.

# Why Do Quilts Cost So Much?

## Costs for materials, construction and finishing for a 65" x 65" throw quilt

### Materials:

- Top: 6 yds @ \$11/yd = \$66
- Backing: 5 yds @ \$13/yd = \$65
- Batting: 2 yds @ \$11/yd = \$22
- Binding: 5/8 yd @ \$11 = \$7

**Total Cost of Materials: \$160**

### Construction

- Making the top (fabric preparation, cutting, constructing blocks, setting into rows, adding borders): 50 hours @ \$12/hour = \$600
- Assembling the quilt sandwich: 3 hours @ \$12/hour = \$36
- Quilting: 4225 square inches X \$.02 = \$85
- Quilting thread: \$15

**Total Cost of Construction: \$736**

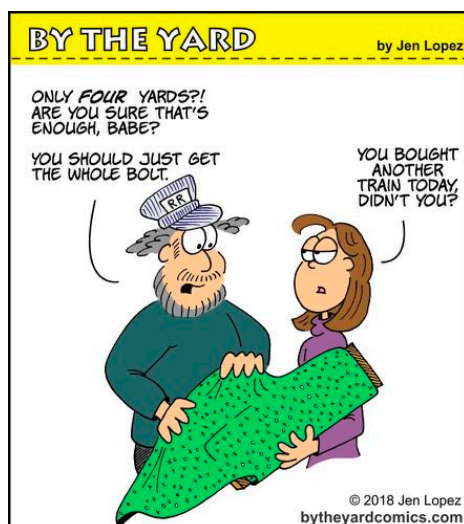
### Finishing

- Making the binding: 2 hours @ \$12/hour = \$24
- Attaching the binding: 10 hours @ \$12/hour = \$120

**Total Cost of Finishing: \$144**

**TOTAL COST OF A 65" X 65" THROW QUILT = \$1,040**

- Information found on Etsy by Carolyn Somerville





# March Recipe

The first day of spring is at the end of March. Ahhh - spring awakenings, rebirth and another chance at new beginnings. So - how about starting something a little different? Let's recategorize a recipe and think about an old recipe in a new way. Such as - why not have desert for breakfast? I know, this is not a completely original idea - who hasn't had birthday cake and ice cream for breakfast? But intentionally having desert as a nutritious breakfast does feel like we are breaking breakfast rules.

I found this cheesecake recipe listed as a light breakfast in the [Undoctored Blog](#), which is also the title of a book written by Dr. William Davis. Dr Davis' first book was [Wheat Belly](#) and his newest book is [Super Gut](#).

So, yes! Cheesecake for breakfast! Made ahead of time, this simple and light cheesecake can be a special treat to start your morning. Because it is made with ricotta, rather than cream cheese, this Breakfast Cheesecake is lighter in texture than standard cheesecake. Made the night before, there is very little clean up in the morning. And it's not just for breakfast; this recipe can serve as a light dessert too!

Enjoy a slice without any guilt. Or include an Irish coffee or even an Adffogato and relish the guilt!

- *Netta Toll*

## Breakfast Cheesecake

### Ingredients:

- 1 cup ricotta cheese, at room temperature
- ½ cup coconut flour
- Sweetener equivalent to ¼ cup sugar
- 4 teaspoons lemon juice
- 4 eggs, separated
- 1 teaspoon vanilla extract

### Directions:

Preheat the oven to 375 degrees. Grease a 9" x 9" baking pan.

Place the cheese, flour sweetener, lemon juice, egg yolks and vanilla in a medium bowl.

In another medium bowl, use a mixer on high speed to beat the egg whites until stiff peaks form. Using the same beaters, mix the cheese mixture until smooth. With a spoon, gently fold the egg whites into the cheese mixture until thoroughly combined.

Pour mixture into the baking pan. Bake for 20 minutes or until the edges begin to brown and a wooden pick inserted in the center comes out clean. Cool slightly before serving.

Makes 8 servings.





# Insure Your Stash!

The New Year did not start happily for many people living in the Superior/Louisville area. A wildfire had just swept through the cities and burned homes to the ground - in just a matter of hours. The process of rebuilding lives is difficult enough without having to think about the value of your personal possessions. Between sewing machines, sewing tools, quilts and fabric stashes, many of us would be hard-pressed to total up the value of our quilting passion. [Kestrel Michaud](#) provides some thoughts on how to evaluate a fabric stash.

**Evaluating your stash using receipts.** You might consider calculating the value of your stash by adding up receipts. If you have all the receipts for all your fabric - please, come do my taxes.

**Evaluating your stash by measuring the fabric.** You might consider measuring your fabric and multiplying the yardage by the price you typically pay for fabric or multiplying the number of fat quarters by the typical price of a fat quarter. This method would require unfolding or shaking out every piece of fabric and measuring it, a process that takes a lot of time that could be better spent quilting!

**Evaluating your stash by weighing the fabric.** Different materials weigh different amounts but you don't need to be super accurate for insurance purposes. Weighing fabric is a fairly quick and easy way to assess how much fabric you have. Here are the steps:

1. Weigh yourself.
2. Weigh yourself holding fabric and jot down the added weight due to holding the fabric (fabric weight). Repeat until you have weighed all the fabric and then total up the fabric weight - in pounds.
3. Multiply by 16 oz to figure out how many ounces of fabric you have in your stash.
4. Divide by 5.5 oz (the weight of 1 yard of fabric).
5. Multiply by typical price of fabric.

For example:

1. Your weight: 120 lbs
2. Your weight + fabric weight = 130 lbs; fabric weight is 10 lbs. Let's say that total fabric weight is 100 lbs for the sake of this example.
3.  $100 \text{ lbs} \times 16 \text{ oz} = 1,600 \text{ oz}$ .
4.  $1,600 \text{ oz} / 5.5 \text{ oz} = 291 \text{ yards of fabric (rounded up)}$
5.  $291 \text{ yards} \times \$12/\text{yard} = \$3,490$



- Thank you to Stephanie Hobson for providing the blog from Kestrel Michaud!

# Sunshines!



## March Birthdays

- 5 March - Joanne Walton
- 14 March - Milinda Walker
- 18 March - Linda White
- 20 March - Barbara Robinson
- 21 March - Pennie Estrada
- 25 March - Susan Morrison
- 28 March - Mary Lassiter

### March Birthday Fun Facts:

People born in March are most likely to get a corner office! Research indicates that a higher percentage of CEOs are born in March than any other month.

In ancient Rome, March was considered the first month of the year. January and February didn't even exist! Caesar introduced the solar-based calendar in 46 B.C., Added January and February and decreed that the new year would begin on January 1.

The March birthstone is aquamarine and the flower is the daffodil.

March days of note include International Women's Day (8<sup>th</sup>), St. Patrick's Day (17<sup>th</sup>), **International Quilting Day (19<sup>th</sup>)**, International Earth Day (20<sup>th</sup>) and, most importantly, International Waffle Day (25<sup>th</sup>). How do YOU intend to celebration International Waffle Day?



## April Birthdays

- 8 April - Kathy Kruckenberg
- 10 April - Casandra Sewell
- 17 April - Monica Lynn
- 20 April - Marcia Walker

### April Birthday Fun Facts:

April is named after the Aphrodite, the Greek goddess of love. In the Roman calendar, April is spelled Aprilis, which means "to open." April is a fitting name since many places the northern hemisphere start to see trees and flowers come to life after a dormant winter.

April Fools' Day has been celebrated for several centuries by different cultures. It's origins remain a mystery, but some historians speculate that April Fools' Day dates back to 1582 when France switched from the Julian calendar to the Gregorian calendar. People who were slow to get the news continued to celebrate the New Year during the spring equinox, around April 1. They became the butt of jokes and hoaxes and were called April fools. [Other origin](#) stories tie it to the ancient Roman festival of Hilaria and the vernal equinox.

April days of note include April Fool's Day (1<sup>st</sup>), World Health Day (7<sup>th</sup>) and World Art Day (15<sup>th</sup>).

# Quilting Threads

## Upcoming Quilt Shows

[AQS QuiltWeek](#). Five shows! See website for dates and locations.

[Cabin Fever Quilt Show](#). Sponsored by the S&B Quilters' Guild. March 18 - 20. Hotchkiss, CO.

[Mesas to Monuments](#). April 8 - April 9. Grand Junction, CO.

[Quilt, Craft and Sewing Expo](#). May 26 - May 28. Castle Rock, CO.

[Houston International Quilt Festival](#). October 30 - November 5, 2022

Bookmark this [blog from Rona the Ribbiter](#) for a complete list of 2022 quilt shows!

## Textile Talks

[Textile Talks](#) features weekly presentations and panel discussions from six quilting groups: the International Quilt Museum, the Modern Quilt Guild, Quilt Alliance, San Jose Museum of Quilts & Textiles, Studio Art Quilt Associates and Surface Design Association. Textile Talks are broadcast live at noon on Wednesdays and are available anytime online. Over 80 talks are available!

## Rocky Mountain Quilt Museum Happenings

### Current Exhibits (through April 16)

- Men's 16<sup>th</sup> Biennial Exhibit/Rocky Mountain Mile High. This exhibit celebrates quilts made by men and showcases the diversity and talent in their work. This year's exhibit includes quilts from three young men who have joined the quilting community!
- Maynard Westlake Solo Exhibit. Retired accountant Maynard Westlake makes exciting quilts in vibrant colors and design. His quilts are both traditional and inspired by artistic masterpieces.

### Upcoming Exhibitions (April 18 - July 16)

- Evolutions. Artists in fiber and mixed media were invited to showcase the evolution of their art quilting Journey.
- What did Ming Miss? [Kathy Suprenant](#) presents her newest works in her latest collection.

**Fabric and Friends Auction.** May 7 at the Denver West Marriott Hotel. Watch the [RMQM website](#) for details and opportunities to donate an item.

## Around the Neighborhood

[Interfaith Quilters](#) Show and Sale. March 4 (4-8 pm) and March 5 (9-5 pm) at Longmont's First Lutheran Church (803 3<sup>rd</sup> Ave.). Fabric and about 700 items in a variety of colors and styles will be for sale.

[Quaking Aspen Quilt Guild](#). March 18 virtual workshop with Eleanor Levie. Weave fabric strips and ribbons to make fun projects of any size. Workshop is \$45 and [advance registration](#) is required.

### [Colorado Quilting Council](#).

- March 26 (10 am) lecture will feature [Valerie C. White](#), who will speak on "[Making the Jump from Traditional Quilter to Art Quilter.](#)"
- March 27 (from 9 until 4), Angela Jones will teach "[Contain Yourself.](#)" In this virtual class, you will learn how to make fabric boxes.

# Sister Stitcher - Quilting With Cats



*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 ventures into the Animal Kingdom this month*

**Sister,**

***My wonderful daughter Cindy has just welcomed me into her home. She has graciously cleared out a small corner of her basement for my quilting space. Even after downsizing, my machine and my stash take up every inch!***

***Here's where it gets tricky. Cindy adores her two cats, Winky and Blinky. Winky and Blinky have appointed themselves my Quilting Helpers. Sister, they're not helping! They sit on a quilt while I'm trying to sew, they think batting is for scratching, and they shed all over my project. I shut them out of the basement once, and they cried for an hour. I am frustrated!***

***Sister, I love the cats, just not in my sewing space. What would you do ?***

**- Charlene**

Miss Charlene, Sister doesn't have a pet, and has Mr. Stitcher trained to knock before he tries to enter her Inner Sanctum. She supposes she's better versed in Animal Husbandry? (Ba-bum.)

Sister will wade in anyway.

Consulting Google for tips on herding cats, Sister found that:

Quilters love their cats. There is no shortage of cat fabric, cat quilt patterns and blog posts about My Adorable Kitty, complete with photos. A professional longarmer loves her cat so much, she [adjusted her machine](#) to let Pappy the Cat sit on the quilt while it's on the machine. That's devotion. Leah Day, the goddess of free motion quilting, calls one of her patterns [Cat Hairball Filler](#), a fitting tribute to the species that thinks it owns the world. "My cats go where they want or you could hear them a mile away with their caterwauling. Since they are home more than me, they let me in to feed and adore them...they tolerate me and DH," wrote one fan of felines.



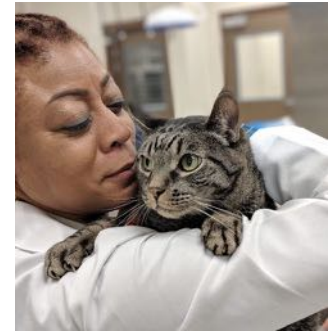
Quilters' cats can be costly. [A thread-eating cat cost one sewist \\$650 in vet bills](#). Another kitty required a barium enema, an X-ray and another enema to get rid of the barium after ingesting "a tiny, tiny bit of polyester batting." Numerous cats were rushed to their vets after swallowing pins



# Sister Stitcher Cont.

and needles. And we haven't even talked about what it costs to replace those nice pins and needles.

Quilters risk injuring themselves too. Claws came out for more than a few quilters who tried to dislodge their cats from their projects. One poor soul shooed Puff off her ironing board, causing the hot iron to hit her arm. Hot iron plus arm equals Painful Burn for the quilter. Talk about "a pound of flesh!"



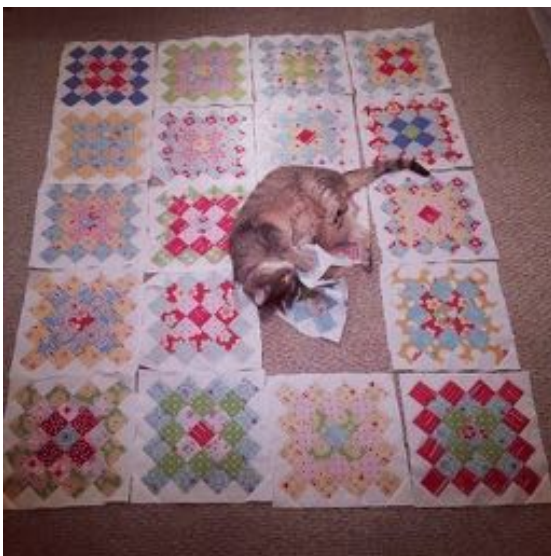
*Right, Sister, but what about Cindy?*

Exactly, Miss Charlene. Winky and Blinky are in charge, but they're not paying the mortgage. Which leads to another discovery Sister made:

**Quilters love their cats enough to protect them, and to protect their projects.** Quilters have many solutions to the Cat-astrophe Crisis. The most effective, but the most drastic, is exile. The quilter owned by the polyester-eating cat closed the door on her cat, and got a set of earplugs. One longarmer installed a screen door on her sewing room, allowing Kitty to see the quilter at work.

When there's no door to close, how about deterring Winky and Blinky? Many quilters keep a spray bottle or water pistol close at hand, just for spritzing the cat. Fill with lavender water or a mild pepper spray, and take aim when the cat steps onto the quilt. "After a few squirts, I only had to shake the bottle and Fifi fled the scene!" one quilter boasted. Pet stores sell training sprays as well. A few quilters suggested spraying cat repellent around the perimeter of the work space.

Other quilters, especially the pros, put tin foil over their projects before they close for the day. The annoying sound motivates Kitty to find a quiet oasis. One sewist sought her vet's advice about her thread-addicted cat, then soaked some weak thread in Tabasco. The cat got the message.



Before you lock and load, talk to Cindy. You want to avoid any unnecessary expense and discomfort for her, you and the cats. Ask Cindy what she'd propose. She may be open to building some walls on your basement space, perhaps with a screen door. She may buy you a SuperSoaker and a gross of lint rollers.

Coexistence is possible, Miss Charlene. With a little flexibility from each member, Sister sees many years of happy stitching with felines in your future.

Sister hopes that other Stitching Sisters will offer their Feline Management tips for you in future newsletters.



# Tips 'n Tricks

## Tip for Making Clean Cuts with a Rotary Cutter and Template

Apply a double stick sheet to the back of sandpaper. Use a paper punch to cut round dots out of the sandpaper. Stick the round dots to each corner of the template. This tip will keep the template from sliding around while in the middle of a cut.

A tip for the tip. Since sandpaper is abrasive and will wear out the paper punch, use an old punch that you don't use when paper crafting.

- Ann Worsencroft

## Make Cutting Strips Quick and Easy

Use the [June Tailor Shape Cut Ruler](#) to cut strips from 1/2" to 12" wide. It is a great tool when you need to cut a lot of strips or make binding. By turning the ruler, you can use it to make squares, diamonds, hexagons and triangles. "This ruler is one of my favorite tools."

-Edith Shelton

## "These Gloves are Just Wonderful"



When your project gets larger and more difficult to manage, use gloves with rubber coating like the ones pictured to grasp/move/guide your quilt.

- Edith Shelton

## Fingers By the Needle? Keep Your Foot Off the Pedal!

A tip to help you avoid a trip to the ER. Photos are too gory to include.

- Monica Lynn

## Ways To Make a Quilt Bigger

- [From AQS](#)

Use one of these tips for enlarging a pieced square-block quilt to make your finished quilt larger than the size indicated by a pattern.

- Add sashing between the blocks. Make sure the sashing is in proportion to the quilt and does not interfere with a secondary design.
- Add more borders. Again, make sure the borders are in proportion to the quilt.
- Make more blocks.
- Make larger blocks.

## Resizing Blocks

- [From Quilting Daily](#)

**Square Blocks:** Add to the finished block measurement. If you need a 4" square block, cut a 4 1/2" square of fabric.

**Rectangular Blocks:** Add to the length and width measurements of the finished block. If doubling a 3" x 4" block, cut a 6 1/2" x 8 1/2" rectangle of fabric.

**HST Blocks:** Add 7/8" to finished block size. To make a 4" finished block, cut 4 7/8" squares to make two-at-a-time HST blocks.

**QST Blocks:** Add 1 1/4" to the desired finished block size. For a finished block that is 4", cut 5 1/4" squares.

Do you have a favorite tip or trick? Have you come across a new one? Please [share](#) so we can all learn it!