



Loose Threads News

Volume 24 Issue 12

September 2019

1st Wednesday Agenda

9:30 Doors open -
refreshments & socializing

10:00 Business Meeting

3rd Tuesday Agenda

9:30 **Workshop**
Frieda Anderson -
Cardinal

3rd Wednesday Agenda

9:30 Doors open -
refreshments & socializing

10:00 **Lecture**
Frieda Anderson

President's Message

Dear Ladies of Loose Threads,

The month of August has been a horrendous, heart shattering one for me and my family. The only things getting us through from one day to the next is the outpouring of support, prayers, care, hugs and love from people near and far. You are a big part of that, my quilting family and for that, I am eternally grateful. So, thank you from the bottom of my shattered heart and with all of your help, we will get through this and look forward to brighter days.

Love you all,

Betty Ann

Our guild officers for 2019 - 2020 begin their terms this month:

Betty Ann Dawson – President

Virginia Gates – Vice President/Membership

Silvia Homa – Secretary

Diane Hess – Treasurer

Minutes - August Meeting

The Monthly Business Meeting of the Loose Threads Guild was held at the United Church of Christ in Spring City, PA on August 7, 2019 facilitated by President Eileen Frankil. Meeting was called to order at 10:00am.

Items to note: Bernie and Lenore's granddaughters came and were welcomed. Jane brought seasoned salt for the group to share for all the stamps that were collected.

Block of the Month: There will be patterns available for Silvia's easy applique blocks.

Challenge: The theme is anything with wings, if you are stuck, please go to a committee member for inspiration, and the newsletter.

Charity: August program will be for charity. Kits available to be sewn there or take home.

Day Camp: Planned for Oct 8 & 9 2019. payment will be \$20 check or cash

Evening Bee: Will be held Aug 14 at 6:30pm. Meet for dinner at Giovanni's in Royersford at 5pm.

Fabric Exchange: Last exchange today

Field Trips: Plans in the works for Sept/Oct

Hospitality: New sheet going around

Library: 2 new *Quiltmania* magazines added to the library. Check own stash of books to see if there are any guild books left behind.

Membership: New forms will be available in August. Virginia Gates will be collecting forms with cash/checks for dues.

Newsletter: Any new information can go to Linda Hamel or Joanne Cantwell. If you are interested in joining the newsletter, the team would be happy to have you.

Programs: Will be charity for August

Nominating Committee: New president: Betty Ann, Vice president: Virginia Gates, Treasurer: Diane Hess, and Secretary: Silvia, will start in Sept.

Speakers: Sept 17&18, 2019 will be workshop and lecture with Frieda Anderson. Collecting kit fee for workshop

Sunshine: Brenda is in CA to care for her mom. Kathy Travis is still receiving chemo. Rev Kern provided some kind words and prayer for Betty Ann and her family. At this time, she wishes for some privacy from calls and communication. In lieu of flowers, a Go Fund Me account is set up for either scholarship or medical bills.

Tea: Committee forms are being collected by Bernie. Idea for Chinese auction is to make several hexies with the CD method that was in the Aug newsletter.

Treasurer Report: Christine reported the income and expenses to the guild. A specific breakdown of the finances was available for members to view. New item purchased was a protective cover for the 26" mat and ruler.

Up-coming Events and Shows: Oaks Quilt show Sept 12-15th

UFO Challenge: Keep working on your UFO list. An encouraging UFO show and tell was presented after the meeting and prizes drawn for the quarter.

Website: E-mail Diane Hess if there is something of interest for the website.

Whisper Challenge: Try and keep up with whom you are giving your next block to and attach the correct envelopes with those blocks and inspiration messages.

Raffle Winners: Business meeting : Silvia Homa

The meeting concluded at 11:00am, followed by a robust "Show 'n Tell" period.

Respectfully submitted,

Silvia Homa –Secretary

Upcoming Events

AQS Quilt Week - September 11-14, 2019. Presented by AQS at the Schroeder Expo Center, 415 Park Avenue, Paducah, KY.
<http://www.quiltweek.com/locations/fall-paducah/>.

Pennsylvania National Quilt Extravaganza - September 12-15, 2019. Presented by Mancuso Show Management at the Greater Philadelphia Expo Center, Phoenixville, PA
<https://www.quiltfest.com>



Heartfelt thank you (!) for all my cards, phone calls, books and visits I received after my knee surgery. Yes, now I know firsthand how valuable those walker bags are. I'm proud to be a Loose Thread.

Linda Glass

September Birthdays



- 2 Linda Hamel
- 5 Laurie Kelly
- 13 Silvia Homa
- 14 Barb Kuterbach
- 16 Clem Dupont
- 22 Nancy Miller

Call for quilts for the Downtown library

They are due Sept 14th at the library but I can still collect them at the Sept. 18th guild meeting and will take them to the library. The raffle drawing will be on the 27th.

Debby O'Keefe

Hospitality

	<u>September 4</u>	<u>September 18</u>
Snack:	Toni Hughes	Jane Russell
Snack:	Clem Dupont	Kiti Williams
Fruit/Veggies:	Margie Allen	Lori Memmen
Cold Drink:	Geri Dulis	Pat Phillion

Health & Fitness Article on Sewing

The calming effects of sewing can help people express and heal themselves

How absorbing your concentration in needlework relieves inner turmoil

I grew up in post-war Britain when, saved from German invasion – men returned from war, children from evacuation, families were reunited – the comfort of the home became paramount. Its importance was marked out in sewn domestic niceties: embroidered tray cloths, cheval sets and tea cosies. My home had a sewing machine in the corner, an ever-ready sewing workbox by my mother's chair and a box that brimmed with buttons for us children to rifle through by way of entertainment. This was my material world.

Living in industrial Glasgow, a city grimed with soot, smog and smoke, my landscape was monochrome until the day, when I was about six years old, my mother took me to an Aladdin's cave in the city centre. There she bought me linen cloths already stamped with floral flourishes, packets of gold-tipped needles and silver scissors with handles shaped like a bird's wings – and she let me choose loops of embroidery threads from a carousel of colours that dazzled me.

I had never seen so many hues of green, such a variance of red, blues that stretched from daybreak to midnight skies and all the shades in between. It was a revelation. On my way home, I held my trove of colours tight in my hand. Such a rainbow was treasure and it was mine. When there was little I could call my own, this bundle of sewing materials represented not just luxury but the thrill of sole ownership.

Even today, I cannot pass a display of embroidery threads without my heart missing a beat. Sometimes I even dream about textiles. I trail my hand through long-forgotten fabrics – crepe de chine, duchess satin, tulle net – grazing my knuckles on a crust of beading, smoothing down lengths of fringing and stroking the braille of lace. When I wake, it is always with the sharp pang of loss because the textiles I touch in my dreams have never existed, so there's no hope of their rediscovery.

It was my mother who taught me how to sew. She guided me through the simplest of stitches – back stitch, blanket stitch, lazy daisy, French knots – and, through them, I discovered another way of writing, inscribing my cloth with motifs and patterns that seemed to speak of an elsewhere, a world more delicate than the rough and tumble of my own.

My dolls became dressed in sumptuous gowns encrusted with beads; the clothes I eventually learned to make for myself were graced with decorative stitchery. I liked the demands of embroidery, its requirement for concentration, its quietude. Its absorption offered me a retreat from the bluster of family life. Being the youngest of four children I had no place of my own. I shared a bedroom with my sisters and was squeezed among my three siblings in the back seat of the car. Grouped, as we were, by my parents into "you four" or "you children", any sense of separateness was elusive.

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But, through sewing, I could delineate a personal physical space. Needlework cocooned me in a privacy of sorts and while I have never lost my love of sewing as a private pleasure, in my chosen career path as a community artist, I made my sewing into a public art. Through sewing, I devised projects to involve socially marginalised people, encouraging them to create large-scale banners and wall hangings so they could tell the stories of their lives. I discovered a different kind of peacefulness in community sewing: the collective concentration and camaraderie of a common endeavour.

When I began to research my book, exploring the social, emotional and political significance of sewing, I discovered that during the Second World War, women who had crafted quilts and signature cloths in POW camps hadn't made them in jolly spirit-reviving sewing bees. Instead, each woman sewed privately, reclaiming solitude and individual expression among the overcrowded and claustrophobic atmosphere of a camp where they were registered as a number. Through their embroidery they made time for themselves and through their sewn autographs they asserted their identity.

I read about [Ruth First](#), the anti-apartheid campaigner who, faced with long-term imprisonment in solitary confinement, took up needlework to take control of her time. On the back of her lapel she stitched seven black lines to mark her days, but then would unpick one or two as if to gain time, or go forward at her own pace by sewing down the days that lay ahead. Hers was an act of both rebellion and self-preservation.

Today, in prisons throughout Britain, the organisation [Fine Cell Work](#) involves hundreds of men in embroidering items to sell online or make to commission. Paid for what they create, these men also stitch alone in their cells, finding respite from the clang and boom of prison life in the small oasis of peace afforded them by the rhythmic, repetitive act of sewing. Their needlework brings them sensory salve in the silken slip of thread and the soft crumble of cloth, a tactile antidote to the harsh and hard environment that surrounds them.

After the First World War, doctors experimented with getting shell-shocked soldiers to embroider as a way of healing mental scars and it proved a surprisingly effective way of steadying their hands and settling their minds. The Disabled Soldiers' Embroidery Industry was established offering war-torn ex-servicemen, isolated in their homes or in makeshift hospitals, the opportunity to earn some much-needed income and rebuild their self-esteem. From the unlikely marriage of men of war and fine needlework, occupational therapy was born and has remained a mainstay of medical practice ever since.

There have been many studies exploring the relationship between creativity and well-being: the benefits, particularly for those suffering from mental illness, of the mesmeric immersion in crafts as a relief from inner turmoil.

By Clare Hunter in *The Guardian* newspaper under Health & Fitness

There is more to this article - refer to the link below:

https://www.theguardian.com/lifeandstyle/2019/feb/23/the-calming-effects-of-sewing-can-help-people-express-and-calm-themselves?fbclid=IwAR1LJHqu9LLBBSrurhglGmE5898CDOjq6VQt4Hpdm_jHEdOe7meLfOGt6Og

2020 Tea Committees

Thank you to all who have volunteered for Tea Committee assignments! I took the liberty to make assignments for the few that I did not hear from, assuming that folks were away. We have two critical gaps - they are Kitchen and Door Prize Committees. Please consider volunteering for these by contacting Lori Memmen directly before the September speaker meeting.

The 2020 Tea Committee list was sent as a separate attachment with the September newsletter.

Lori Memmen

Service Projects



Twenty-five comfort quilts bundled up for delivery to the Memory Unit at Shannondell in Audubon.

Nancy Kinyon-Samec

Road Trip for October

We're planning a field trip to Winterthur Museum in northern Delaware for Wednesday, October 23, 2019. They will do a custom tour for us of a sampling of their archived quilts and textile storage. We can also do the exhibit "*Costuming The Crown*", an original Winterthur exhibition of 40 iconic costumes from the Netflix series, a dramatized history of the reign of Queen Elizabeth II.

We will need to be there by 10am. Cost is \$40 which includes our custom quilt tour, the Crown exhibit, House tour and access to the Museum for the day. They will divide us into groups of 5-6 and will need extra staff on hand to accommodate us.

They also have a really nice restaurant/Cafe for lunch. We will need a check for \$40 made out to the Guild by September 18, 2019. We need to give them a final number for the tour by mid-September.

It should be a lot of fun! We have done field trips like this to Winterthur twice before the last one being in June 2014.

Cathy Nelson

Upcoming Speaker – RaNae Merrill

On Wednesday, November 20, 2019 Loose Threads will enjoy a day with RaNae Merrill. The morning will be a lecture and truck show. In the afternoon from 1- 4 pm will be her workshop - **Designing a Simply Amazing Spiral Quilt.**

Learn techniques for designing your own unique and original spiral quilt. Often when you combine spirals the spirals themselves disappear and the connections between them become the more important element of the design. The possibilities range from traditional to modern. We'll experiment with combinations of spirals to explore "seeing between the blocks", flow forms, color and value, and symmetry. The class explores and builds on the techniques my books *Simply Amazing Spiral Quilts* and *Magnificent Spiral Mandala Quilts*. **There is no sewing in this class -- it focuses just on design.**



Tackling That Sewing Room

It's daunting to look at all the fabric you've got tucked here and there and know where to begin. So, break down the difficult into manageable pieces. The rest will follow.

- In an effort to not overwhelm your senses and space, open **one** drawer or tote box and go through it. Just one. Did you love the fabric then and wonder 'why?' today? Go with your gut and put it in a one of two stacks. If you love it still, keep it. If your reaction is "meh.." let it go. Give it up. That one goes in a non see-thru box so you won't be tempted to pull it out again. When you have plowed through that first stack of fabrics, give yourself a break. If you have the strength to continue....
- Repeat this with another box or shelf of fabric. Now stop.
- After you have culled, put the "**To Go**" box out of sight and organize what you intend to keep. If you don't have any bright plan and or still have fabric orphans, organize what you are keeping in some manner that appeals to your method of quilting. I would make 3 piles and organize by size first. Scraps, then less than half a yard cut and finally yardage. Then box up the scraps so you don't get distracted. Put them aside. Then tackle the two larger piles of fabric cuts.

Don't forget to bring that **TO GO** box to Lil & Betty Ann for the Tea Sewing Room Sale!

September Speaker - Frieda Anderson

TUESDAY WORKSHOP



Cardinals pattern and fabric kit - \$38.00 includes:

Hand dyed fabric kit –
 1/4 yard pastel background
 1/4 yard of two tone green for foliage
 1/16 yard of three color silk, red, fuchsia, and orange for bird
 1/4 yard of brown for branches
 1/8 yard of pale pink for flowers
 5" square of black for mask and legs

This pattern has two fused wall quilts included each, 18" x 18". Enjoy Cardinals in the spring or in the winter. The fabric kit has enough fabric to make one of the quilts. It contains silk for the Cardinals and cotton for the rest of the pattern.

I have used a pinking blade in my 45mm rotary cutter handle to cut out the fused binding.

Tonight I came across Freida Anderson's tutorial on fusing fabric to Wonder Under. It's very good and quite useful. I wish I'd read it before I prewashed her fabric. I have allergies to fabric chemicals so I prewashed it. Turns out according to her tutorial it wasn't necessary.

Check it out. We need to fuse all our fabric before class. It has lots of fusing tips.

<https://www.friestyle.com/tutorials/basic-fusing-tips/>

Virginia Gates



WEDNESDAY LECTURE

Frieda's lecture on Wednesday, entitled *Walks in the Woods with George*, describes how nature is the inspiration for her quilts. Her daily walks in the woods with her Jack Russell Terrier, George, affects her quilting ideas and what designs she quilts on her quilt creations. Frieda will bring along many of her quilts and have her patterns and fabrics for sale.

<https://www.friestyle.com/>

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NEWSLETTER

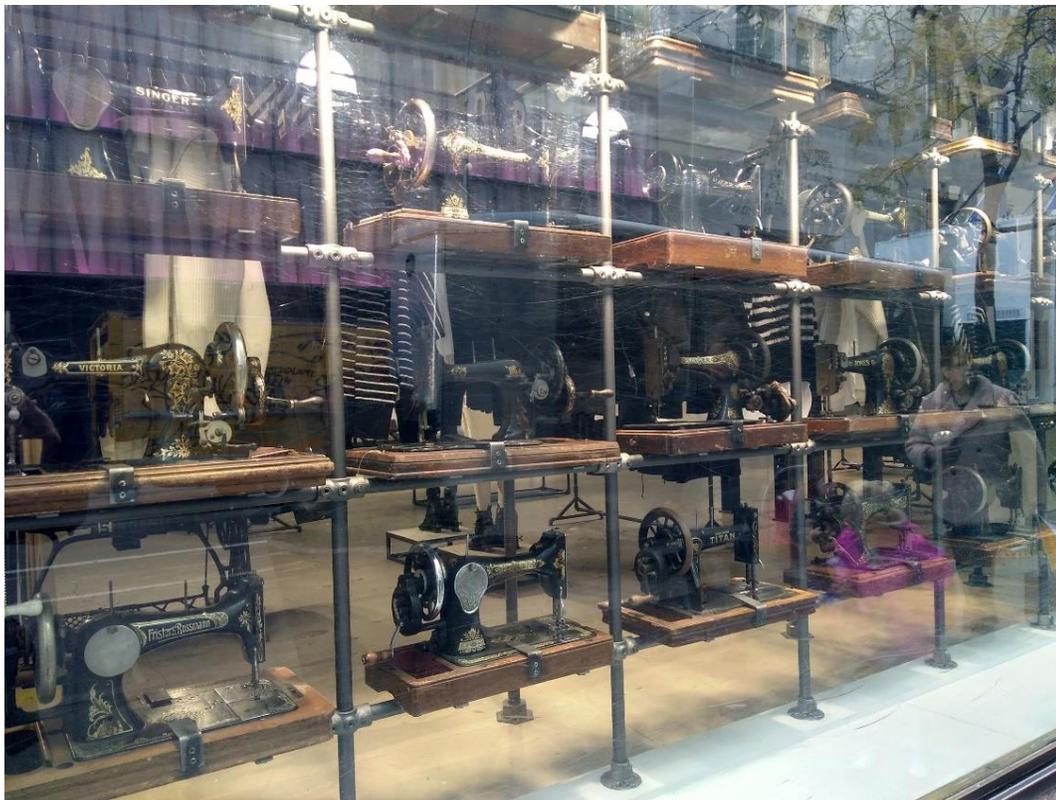
Linda Hamel dhamel476@gmail.com

Loose Threads Quilt Guild

Meets at 9:30 AM on the
1st & 3rd Wednesday of each month,
with a special basting meeting on the 5th
Wednesday at:
First United Church of Christ
145 Chestnut St
Spring City, PA 19475
610 948-4516

Annual dues are \$20 per year and guests
are always welcome

Loose Threads News is a monthly
newsletter for the members of Loose
Threads Quilt Guild
and is available on our website
www.theloosethreadsquilters.org



I just loved this
window display
at an upscale
clothing store in
New York City.