

THE LOOSE THREADS

NEWSLETTER

October 2011

www.loosethreadsquilters.org

Volume 16: Issue 10

President: Carolyn Thompson **Vice President:** Elizabeth Snead **Secretary:** Joanne Cantwell **Treasurer:** Linda Hamel

Babysitting: Jean Atwood
Basting: Linda Glass
Block of the Month: Kristi Burtch
Challenge: Silvia Homa
Charity Projects: Kiti Williams
Field Trips: Cathy Nelson
Fish Bowl Raffle: Debby O'Keefe

Historian: Judy Shafer
Holiday Brunch: Marie Traxler
Hospitality: Shirley Horning
Librarian: Bernie Hughes
Newsletter: Wendy Cole
Strip Club: Elizabeth Snead
Programs: Debby O'Keefe

Raffle Quilt: Laurie Kelly
Retreats: Carolyn Thompson
Secret Pal: Judy Peters
Speakers: Linda Hamel
Sunshine: Joan Markowitz
Tea: Susan Glaser & Linda Garthe
Website: Lenore Clarke



“The only place where housework comes before needlework is in the dictionary.”

~Mary Kurtz~



MESSAGE FROM THE PREZ

Our October meeting will be a little different this month. The business meeting will only cover items and information needing immediate attention (such as the upcoming Blue Lake Retreat). Please email me or see me before the meeting if you need to be added to the agenda. Then we will break into our newly assigned committees and I ask that the chairman of the 2010-2011 committees meet with the new committees long enough for any ongoing information to be communicated to the new committee members. This, I think can be accomplished in 10-15 min. Then the 2011-2012 committees will have the rest of the meeting to plan their agendas and budgets as well as choose a chairman for the next year. Please make every effort to attend this

planning meeting because your committee needs your ideas and it may prevent you from being selected as chairman! (I'm only kidding! I know that you will step up if needed.)

You now know what committees you are assigned to and I encourage you to bring any ideas you have for discussion and planning. This is a trial process and, hopefully, it will make planning time a little easier and it will be a productive use of our meeting time. We will allow enough time at the end of the meeting for "Show and Tell" so bring all of your projects to share.

See you all on October 5th!

SEPTEMBER MINUTES

- ◆ Meeting was called to order by President Carolyn Thompson at 10:15am. Guests Donna Matthias and Carole Cossa were introduced.
- ◆ **Membership:** Guild membership is full with 50 members. Carolyn Ferrandino is the latest new member and two individuals are on the waiting list. Membership cards for the new guild year were distributed.
- ◆ **By-Laws:** A motion was made by Jean Atwood, seconded by Kiti Williams to amend the By-Laws by removing Article II, Section B, (7): "By establishing and maintaining certification programs for teachers and judges." This statement was deemed no longer valid. Motion carried.
- ◆ **Committees:** Sign-up sheets for committees were passed through the membership and members were asked to state their preferences. The Loose Threads Board will meet to finalize committee memberships and will send out a final notification via email.
- ◆ The October business meeting will be brief to allow time for new committees to meet, select a Chairman, and interact with former members of their committee as plans are made for the new year.
- ◆ **Tablecloths:** Old tablecloths previously used for the annual Tea were offered to the membership. No interest was expressed, therefore tablecloths will be offered to the church and if declined will be donated to Goodwill.

- ◆ **Block of the Month:** Wendy Cole requested quilt tops or finished mystery quilts to be shared at the next business meeting.
- ◆ **Treasurer's Report:** A balance on hand of xxxxxx was reported.
- ◆ **Basting:** One quilt was basted during the last August meeting.
- ◆ **Challenge:** Sylvia Homa reminded everyone that Challenge quilts are due at the first December meeting.
- ◆ **Charity Projects:** Kiti Williams reported a total of 22 Quilts for Kids and 4 ICE quilts on hand.
- ◆ **Field Trips:** Cathy Nelson reported that the NY trip was cancelled for lack of interest. A trip to Winterthur on October 6 is being planned.
- ◆ **Business Meeting Raffle:** Raffle tickets are available @ 50¢ each and proceeds are set aside to accommodate special needs, members who move, etc. Pat Phillion won the raffle. Shirley Horning will bring the October gift.
- ◆ **Historian:** Judy Shafer is assembling a scrapbook for the year.
- ◆ **Librarian:** Twenty-five books were given to the guild from the last speaker's overstock and some have been added to the Library. Novels have been moved into the Maple Room to make space. A new list is needed on the web site.
- ◆ **Newsletter:** Continues to be outstanding, thanks to Wendy Cole and Sue Glaser.
- ◆ **Strip Club:** Final contributions for the year have been collected and are up to date.
- ◆ **Programs:** B.J. Titus will lecture on "Nature's Bounty: Where to find Inspiraton" at the September program. A workshop will follow resulting in a 9" x 17" machine applique quilt. Details are in the September newsletter.
- ◆ **Retreats:** There are two openings for the North Mountain Retreat on September 23-25. Cost is \$148, contact Mary Lou if interested. The Blue Lake Retreat is scheduled from October 11-13. Cost is \$50 including bedding, sign up for meal contributions with Carolyn.
- ◆ **Needle Nite** (formerly the Sleepover): Thanks to Amy Smith-Moniz for hosting, good food and lots of areas for projects.
- ◆ **Name Tag Raffle:** Winner was Jean Nalbandian
- ◆ **Tea Committee:** Susan Glaser reported that Trish Chambers, attired in Civil War era costume, will be featured at the March Tea. Room location for the Chinese Auction will be changed. Invitations will be sent out in November. Members are to e-mail committee preferences to Susan.
- ◆ **Nickle SquareQuilts** were judged, Wendy Cole announced winners and thanked all participants.
Winners:
Most Nickle Squares Used - Carolyn Thompson
Most Creative - Sandy Michalec
Best Piecing - Takako Pike
Best Applique - Sandy Michalec
Viewers Choice - Takako Pike
- ◆ Meeting concluded with Show and Tell.

Joanne Cantwell, Secretary

COMMITTEE ASSIGNMENTS 2011-2012

Business Meeting Raffle Coordinator – Marie Traxler & Shirley Horning

Fabric Exchange – Sandy Michalec & Barb Painter

Historian – Sue Kehl Secret Pal – Kristi Burtch

Sunshine – Takako Pike & Judy Shafer

Tea Co-Chairs – Linda Garthe & Susan Glaser

Website – Lenore Clarke

Basting – Jean Nalbandian, Kathy Neiman & Jean Sullivan

Block of the Month – Silvia Homa, Kathy Neiman & Judy Snook

Challenge – Debbie O'Keefe, Molly Gehring & Amy Smith-Moniz

Field Trips – Cathy Nelson & Joyce Stemple

Hospitality – Jean Atwood, Geri Dulis, Gayle Hammond & Bonnie Swartzentruber

Librarian – Margie Allen, Linda Glass & Jo Quaglia

Newsletter – Wendy Cole & Susan Glaser

Nominating – 4 candidates, will vote for 2 at next business meeting per By-laws

Programs – Lenore Clarke, Judy Peters & Kiti Williams

Retreats – Marylou Boryta, Bernie Hughes & Cathy Nelson

Speakers – Clem Dupont, Rosemary Geisler & Pat Phillion

Charity Projects – Shirley Buckwalter, Jill Cardamone, Shirley Horning, Melinda Novatnak, Jean Sullivan & Kathie Travis

Holiday Brunch – Carolyn Ferrandino, Gayle Hammond, Joan Markowitz, Melinda Novatnak, Barb Painter, Millie Slean, Judy Snook, & Marie Traxler

Raffle Quilt Design – Margie Allen, Wendy Cole, Linda Glass, Linda Hamel, Laurie Kelly, Sandy Michalec, Kathy Neiman & Kiti Williams

Raffle Quilt Ticket Sales – Marylou Boryta, Judy Quintas-Gorman, Jane Russell, Amy Smith-Moniz & Elizabeth Snead

QUILT SHOP REVIEWS

When visiting the Finger Lakes region at this time of year, the continual theme one encounters is grapes/vineyards/wine and lots of grape pies! On a recent visit I, Joanne Cantwell, managed to escape for a few hours to explore a couple of interesting quilt shops.

O'Susannah's Quilts and Gifts

in Watkins Glen, NY is a delightful shop located in the heart of town. Comprised of 3 large rooms, the shop features numerous bolts of colorful cottons and quite a few are patterned with wine and grapes. One room appears to be dedicated to wools and associated patterns, kits, threads, etc. They have a separate room for a resident long-arm machine and keep it humming with two operators, one during the day, another at night. Numerous samples of all sizes are displayed throughout the shop and their button supply for bags and purses, etc. is the best and most unique I've seen in a small shop. Classes are offered for all skill levels.



On the upper floor at O'Susannah's, "The Upstairs Inn" is equipped to host quilt retreats with three bedrooms accommodating 8, a cozy living room and dining area, plus a fully equipped kitchen and two full baths. It offers a well lit sewing area with plenty of space to cut and iron, plus a large design wall. For further information and photos, refer to www.osusannahsquilts.com.

Carriage House Quilts, in Naples, NY, is a lovely quilt shop housed in a cottage at 201 N. Main Street. It has been in existence for over 6 years and displays include several dozen old Featherweight look-alike sewing machines on shelves around the rooms. Along with many choices of cotton fabrics, unusual pre-cut kits seem to be the specialty here and are geared to quick projects for the tourist trade. Kits are very complete down to the button or snap one might need, and are reasonably priced. The shop owner is most accommodating and guests are encouraged to attend some of the many classes that are offered. They offer a "Groovy Girls" Sewing Club on Thursday nights and on Saturdays where they introduce new patterns and projects for a \$5 fee. A long-arm machine is located here in a back room and it is reportedly kept very busy. In late September, an annual Grape Festival is held in Naples and the town overflows with visitors and samples for all.



A trip to this area is fun at any time, however just down the road from both of these shops are wonderful produce stands brimming with all of Fall's most colorful bounty (crisp NY apples are the BEST!). Allow about 5 hours travel time from suburban Philadelphia to the Finger Lakes and add in plenty of time to browse the other quilt shops that abound in the surrounding small towns and villages.

BOOK REVIEW



Bonnie's Garden

By Bonnie Sullivan

For all the wool applique lovers out there, I (Wendy Cole) have found a wonderful book named "Bonnie's Garden." This book is chock full of

projects; an all wool quilt, a cotton and wool quilt, wall hangings, a needle punch and rug hooking project, a needle case and many three dimensional patterns. If you love applique with flowers, fruit, birds, cats, bunnies and squirrels, then this book is for you. It is a bit pricey, but it is pure eye candy.

QUILT JUMBLE

Rearrange the jumbled letters to spell out a quilting term.

A T F

A E R R T U Q

The answer to the Jumble is on page 5 along with a description of this quilting term.

Wendy Cole has a new e-mail address...

XXXXXXXXXXXXX

Please use this address when submitting information for the newsletter!

UPCOMING AREA EVENTS

Quilt Art: International Expressions. September 10 - December 31. 40 Contemporary Quilts from nine countries is at the James Michener Art Museum, in the Fred Beans Gallery, located at 138 South Pine St., Doylestown PA. Museum hours: Tuesday through Friday, 10 am to 4:30m pm; Saturday 10 am to 5 pm; Sunday noon to 5 pm. www.michenermuseum.org/exhibits/quilt-art.php.

Quilt Show 2011: A Fiber FAN-tasy. Presented by Keystone Quilters. Friday, October 14, 2011, 10 am - 6 pm and Saturday, October 15, 2011, 10 am - 5 pm. An NQA Judged Quilt Show at the Quakertown Christian School, 50 E. Paletown Road, Quakertown, PA. For more information visit www.keystonequilters.org/show.html or 267-377-9542.

Explore the Art of Quilts in a Three Part Series at the Newark Museum. Pre-registration is required; call 973-5096-6613 or purchase tickets online. Fee for the series: \$25 members and \$30 non-members. Individual programs: \$10 members and \$15 non-members. October 15: Patchwork Folk are or Fine Art. November 19: Why Quilts Matter: History, Art and Politics. December 3: An Enduring Tradition: African American Quilt-Making. www.newarkmuseum.org/artofquilts.html.

Yesterday, Today, and Tomorrow: Piecing Across Generations. An NQA Judged Quilt Show presented by the Undercover Quilters Quilt Guild. Saturday, October 22 and Sunday October 23, 10am to 4pm daily. Brookhaven

Municipal Building, 2 Cambridge Road, Brookhaven, PA 19015. Donation \$5 (children under 12 are free). For a registration form to enter your quilt in the show, go to website www.undercoverquilters.com to download the form.

Berry Basket Quilters. 1006 Tuckerton Road, "The Blue Barn," Evesham Recreational Center, Marlton, NJ 08055. Saturday, October 22, 2011, 10am to 5pm and Sunday, October 23, 2011, 11am to 4pm. For more information check www.berrybasketquilters.com.

International Quilt Festival, Houston. November 3 - 6, 2011. QUILTS, INC. produces this show at the George R. Brown Convention Center, Houston, Texas. For more information: visit <http://www.quilts.com/newHome/shows/viewer.php?page=FallFestival>.

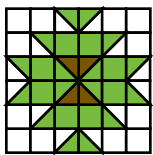
Celebration of Quilts 2011. Friday, November 11 from 10 am - 5 pm and Saturday, November 12 from 9 am - 5 pm. Presented by Brownstone Quilters Guild, Inc. At Highlands Regional High School, 200 Hillside Ave., Allendale NJ. For more information, contact Margaret Farabaugh at 973-202-9780 or email mmfara-baugh@optonline.net.

ArtQuilt Elements 2012. Wayne Art Center, Wayne P.A. This is the 10th exhibition of the internationally acclaimed AQE show set in suburban Philadelphia. This is a juried Art Quilt show. www.artquilelementsentry.com. Show is March 30 - May 13, 2012.

19015. Donation \$5 (children under 12 are free). For a registration form to enter your quilt in the show, go to website www.undercoverquilters.com to download the form.

QUILT SHOW ENTRY DEADLINES

Yesterday, Today, and Tomorrow: Piecing Across Generations. An NQA Judged Quilt Show presented by the Undercover Quilters Quilt Guild. Saturday, October 22 and Sunday October 23, 10am to 4pm daily. Brookhaven Municipal Building, 2 Cambridge Road, Brookhaven, PA



NAME THE QUILT BLOCK

Answer and pattern on page 5.

OCTOBER BIRTHDAYS

**8th BONNIE SWARTZENTRUBER, 16th JEAN SULLIVAN, 18th JUDY PETERS,
22nd JOLENE LORAH 27th JOANNE CANTWELL**

REFRESHMENTS

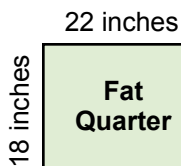
OCTOBER 5

Baked Goods: Joanne Cantwell & Gayle Hammond
Fruit or Veggie: Amy Smith-Moniz
Cold Drink: Bernie Hughes

OCTOBER 19

Baked Goods: Wendy Cole & Joan Markowitz
Fruit or Veggie: Takako Pike
Cold Drink: Kiti Williams

QUILT JUMBLE ANSWER

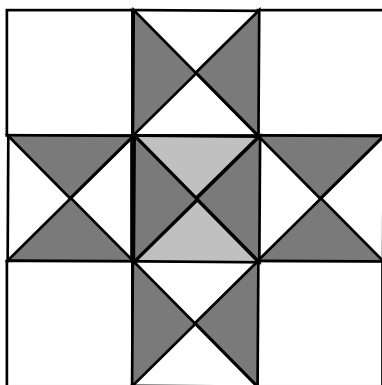


Fat Quarter




Cut piece of fabric which is made by cutting a half yard in half again vertically. The piece is therefore approximately 18" x 22". This allows for cutting larger blocks than a standard quarter yard.

MINI BLOCK

OCTOBER: BLOCK 2



CUTTING INSTRUCTIONS

-  Dark: cut three 3½" squares
-  Medium: cut one 2½" square
-  Light: cut two 3½" squares & four 2½" squares

SEWING INSTRUCTIONS

1. Using the "General Piecing Directions" (September newsletter), make four dark & light QSTs and one dark & medium QST from the 3½" squares. Trim to 2½". There will be one dark & medium QST left over
2. Using the diagram for placement, sew these together with the light 2½" squares to make the finished block.

RECIPE OF THE MONTH

Now that the weather is finally getting cooler, and hopefully drier, it's time to start baking up a storm. Jane Russell sent in a cookie recipe from 1969 that she says is "perfect for rainy days or when the kids are bored and/or fighting."

AGGRESSION COOKIES (4 dozen)

- | | | |
|------------------------------------|------------------------|--------------------|
| 1 c. light brown sugar | 1 c. all-purpose flour | 2 c. quick cooking |
| 1 c. margarine or butter, softened | 1 tsp. baking soda | rolled oats |

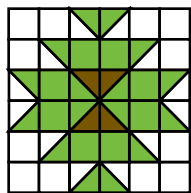
Put everything in a large bowl. "Squidge" everything together until really well mixed. Flatten 1" balls of dough on an ungreased pan by pressing flat with a drinking glass dipped in sugar. Bake at 350° for about 10





HAYLOFT CLOSING


Sad news from Valley Forge Quilters..."The Hayloft will be closing their doors on November 7, 2011. They are starting with a 25% off discount beginning September 19th on EVERYTHING. Further reductions will follow. Martin's Supermarket is closing and a discount market will be moving into the space. The Hayloft currently rents this space but the new occupants do not want the quilt shop on the upper level." Time to stock up on fabric and patterns for upcoming cold weather quilting!

NAME THE QUILT BLOCK



SQUASH BLOSSOM (12" Block)

-  Cut twelve 2½" squares & six 3½" squares
-  Cut eight 2½" squares & eight 3½" squares

-  Cut two 3½" squares

1. Sew HSTs from the 3½" squares: Twelve green & white and four green & brown. Trim to 2½" squares.
2. Sew the units together in strips as shown in the illustration. Sew the strips together to make the block.

WORD SEARCH

D Y F A D S I Q S Q R Z O W M B S H I P T S
R A E R T E C R Q E I Y R W U T C P R O L U
K S E A E D S C O G L F K T B T I I O I I O
L H R R F E O U Z N S D T U I U S H N N U B
A C C E H R Z A F E Y O E T W I S K I T O J
H P R T N T G E L Z N R S E B I O J N S T Z
F B P E I S E G R H S T S R N T R U G F Y V
D A R L T T N L O P E T Y F A D S F B O Q K
L S B I I A S L B K A R V D C N M Z O T E Y
A D T R N Q E N N I E P L W W U U Y A Q E I
O C E Z I S U A I Z S D E V N O B N R A W R
H Q D M T C L E I T Z I E R K R L G D D U J
Y O C I Y B B L Z S A T V A G G A E W P U L
G B T W E N I H C A M S C N P K E S X N J X
O C L L O B C U R V E S C O I C R R Y R K Y
H D G H A U P S I D E D O W N A O E Q D F V
B B F T V J S U O D N I L B S B M V D R O X
K B S H A N D X N W G V H E M W I E H W N Q
H C T I T S E V I T A R O C E D T R Q I Y F
S E W I N G M A C H I N E G T F L V E P A W
S J L T G N I C A F R E T N I A A N I O O E
U A V S J U E E W A O V K D K Z B D G A P E

ANGLES
BALTIMORE ALBUM
BUTTONHOLE STITCH
DECORATIVE STITCH
FREEZER PAPER
INTERFACING
IRONING BOARD
PINS
REVERSE
SEWING MACHINE
UPSIDE DOWN
APPLIQUE BLANKET STITCH
CORNERS
DIPS
FUSED
INVISIBLE THREAD
MACHINE
POINTS
SATIN STITCH
STABILIZER
ZIGZAG STITCH
BACKGROUND BLIND
CURVES
FABRIC
HAND
IRON
NEEDLES
QUILT
SCISSORS
STARCH

Courtesy of Salt Creek Quilters Guild, Western Springs, Illinois

QUILT CHAT

Since the theme for the 2012 Tea is the Civil War, you might want to check out this website. They have great patterns and fabric, all related to the Civil War. <http://www.bonniebluequilts.com/>.

Are you getting the itch to do a little embroidery? Here is just what you are looking for, a free pumpkin pattern from "Bird Brain Designs." <http://www.birdbraindesigns.net/products/783-freebie-pumpkin-n-vines-tea-towel.aspx#.ToXumrxVvto.email>.

Winter is coming and the desire to curl up under a blanket with a steaming cup of tea and some hand work in imminent. Purl SOHO has an easy pattern for a cozy wool quillow that would be perfect for this purpose. <http://www.purlbee.com/felted-wool-patchwork-quillow/2010/12/9/mary-flanagan-felted-wool-patchwork-quillow.html>.

"When stitching around applique pieces I found it hard to decide whether to stop with the needle down on the left or the right when turning corners or tight curves. The instructions I got in class just didn't seem to work for me.

So I developed my own very simple rule:

If you need to turn the fabric to the left (clockwise) then stop with the needle down in the left position.

If you need to turn the fabric to the right (counterclockwise) then stop with the needle down in the right position."

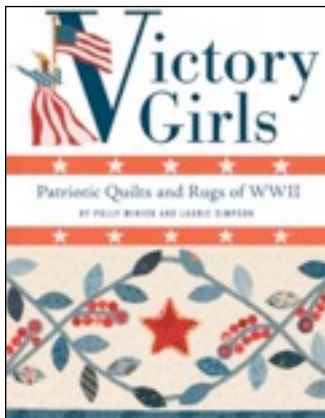
Tip from Nancy Stass @ About.com

NEW BOOKS ON THE MARKET

Victory Girls: Patriotic Quilts and Rugs of WWII

By Polly Minick and Laurie Simpson

Talented sisters Polly Minick and Laurie Simpson collaborate to bring you this stunning collection of their latest work - quilts, rugs, and stitcheries. Their inspiration was the brave women who kept the home fires burning during World War II.



My Stars VI: Patterns from The Kansas City Star, Volume VI

Welcome to the sixth book in our My Stars series – we're trucking right along! The books are going to be such great collector's items once we get them all completed.



LIBRARY ADDITIONS

- **The Seminole Patchwork Book** - Cheryl Greider Bradkin
- **Lovers Knot, Third Addition** - Eleanor Burns
- **Grandmother's Garden Quilt** - Eleanor Burns
- **The Lost Quilter, A Novel** - Jennifer Chiverini
- **Creating Early American Dolls** - Kay Cloud
- **Basic Guide to Rotary Cut Quilts** - Marianne Fons & Liz Porter
- **Make Your Own Old-Fashioned Cloth Doll and Her Wardrobe** - Caire Bryant
- **Precisely Sew Sharp Pointies II** - Brenda Henning
- **A Circle of Friends, A Book of Friendship Quilts** - Mary Andra Holmes & Nancy J. Shamy
- **The Sampler Quilt** - Diana Leone
- **Feathered Star Quilts** - Marsha McCloskey
- **The Art of Silk Ribbon Embroidery** - Judith Baker Montano
- **Machine Quilting Made Easy** - Maurine Noble
- **Enduring Grace, Quilts from the Shelburne Museum Collection** - Celia Y. Oliver
- **Complete Guide to Needlework** - Reader's Digest
- **Applique 12 Easy Ways** - Elly Sienkiewicz

NEW PRECUT FABRICS

Missouri Star Quilt Company has a large selection of precut fabrics. Here is a list of some of the new collections available. Check them out at <http://www.missouriquiltco.com/pre-cut-fabric.html>

1. [Farmer's Market](#) by RJR Fabrics
2. [Tonga Treats](#) by Timeless Treasures - Coffee Cake, Sugarplum, and Hard Candy
3. [Flowershop Ten Squares](#) from Robert Kaufman
4. [Promenade](#) by Stitch Studios for Riley Blake Fabrics
5. [Indian Summer](#) by Zoe Pearn for Riley Blake Fabrics
6. [Flowershop Ten Squares](#) from Robert Kaufman
7. [Rooftop Garden](#) by Moda
8. [Sophie](#) by Chez Moi for Moda
9. [Panier de Fleurs](#) by French General for Moda

10. [American Banner Rose](#) by Minick & Simpson for Moda
11. [Coming Home](#) by Deb Strain for Moda
12. [Kashmir](#) by Jinny Beyer for RJR Fabrics
13. [Desired Things](#) by Robyn Pandolph for RJR Fabrics
14. [Coraline](#) by Jinny Beyer for RJR Fabrics



NICKEL SQUARE CHALLENGE



What a great turnout for the Nickel Square Challenge at the September business meeting. Who knew there would be so many wonderful ways to use all those multicolored six inch squares that we collected monthly in 2009 to 2010. The winners were, **Most Nickle Squares Used** - Carolyn Thompson, **Most Creative** - Sandy Michalec,



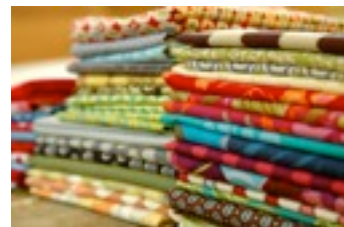
Best Piecing - Takako Pike, **Best Applique** - Sandy Michalec and **Viewers Choice** - Takako Pike. Congratulations to the winners and to everyone who participated. It was nice to see so many members take part in the fun!

COLOR POLL

Remember the 1990s fad of “getting your color done to find out what season you are?” About.com recently was taking a poll of “what color pile of fabrics are tallest in your house.” We thought it would be fun to poll the Loose Threads to see “what seasons” our fabrics leaned towards. So, the poll question is...

What color is the tallest pile of fabric in your stash?

E-mail your answer to XXXXXXXXXXXXXXXXXX.



QUILTING IS GOOD FOR YOU

Why Quilting is ‘Uniquely’ Good for Us
Daily Mail Reporter, UK

“As devotees of a quiet and contemplative pastime, they would be the last to make a fuss about it. But quilters, it seems, have every right to celebrate their craft after researchers found that it is ‘uniquely’ good for you.

A study found quilting improved well-being in ways that physical and outdoor activities could not and offered a creativity that had been ‘stifled’ in the modern world. The University of Glasgow team concluded that all hobbies, from reading to train spotting, should be looked at for their mental and physical benefits. They interviewed quilters and found the activity helped their cognitive, creative and

emotional well-being, particularly among older people. The use of bright colours was ‘uplifting,’ the activity distracted from the stress of work and quilting offered challenges such as math and geometry. It also increased confidence and had an important social side.

Professor Jacqueline Atkinson, co-author of the study and a quilter herself for five decades, said: “Doing something that engages you and that you enjoy is key. As adults, we don’t often do enough that includes fun and play. We put a lot into studying the use of green spaces and that’s useful to individuals and communities. But, maybe we need to say there are other things too.”

Thanks to Jane Russell for bring this article to us.

Our Guild meets on the first and third Wednesday of each month, with a special basting meeting on the fifth Wednesday. We meet at the First United Church of Christ, 145 Chestnut Street, Spring City, PA 19475. Babysitting is available if arranged in advance with Jean Atwood. Dues are \$15 per year and guests are always welcome.

Elizabeth Snead, has more membership information.

Our newsletters are now on-line. Check us out at our website
loosethreadsquilters.org