

# GARDEN STATE QUILTERS' NEWSLETTER

Member National Quilting Association, Chapter 124

May/June 2019 Edition

## General Meeting Dates

are listed on page 6  
or page 9 (some  
have changed this  
year due to holidays,  
etc)

## General Meetings held at:

**Grace  
Episcopal  
Church  
4 Madison  
Avenue,  
Madison NJ**

6:45 pm  
(hospitality)  
7:15 pm (business)

## Meet the Speaker

5:00PM

Where: 54 Main at  
54 Main Street  
Madison, NJ

## Message from our President

To all members,

I would like to thank each of you for your dedication to this guild. Working together we can achieve more. As always we are always looking for more volunteers to serve.



.... and you can still continue to use those hands to make beautiful quilts.  
Please see one of the Board Member if you can help.  
No experience needed we will train.

Wannetta Phillips (President until Pam returns)

## Programs Committee

**May 13, 14:** Our own **Ginger Scott** will be sharing her wonderful collage quilts.

*For those fortunate enough to have signed up, they will be learning to make their very own collage quilts. Sorry, the workshop at Sew Jersey is filled.*

**June 3:** We end the year with our annual **Strawberry Supper**.

*Here's a peak at Programs for 2019-2020*

### Board Meetings

Week before  
monthly Meetings;  
see listing on page 5

6:45 pm @  
Library of the  
Chathams  
214 Main Street  
Chatham, NJ 07928

## Workshop Reminder

All  
workshops  
held at

### Sew Jersey

136 Rt 10  
East Hanover, NJ

### Cancellation policy:

Refunds will be  
issued for  
cancellations that are  
made more than 21  
days **prior** to each  
workshop. For  
cancellations within  
21 days of a  
workshop, your  
money is forfeited  
unless there is a  
waiting list or you  
find your own  
replacement.

**October 14, 2019: Brita Nelson, The Questioning Quilter.** Every Last Crumb: An Adventure in Scrap Quilts, Exploring Color and Contrast

**October 15, 2019 – Workshop at Sew Jersey.** Crumbs to Quilts: Curating your tiniest scraps to make one of a kind fabrics

Visit Brita's website: [www.questioningquilter.com](http://www.questioningquilter.com)

Sign up at the May or June meeting - \$60 check, or cash, and a completed Registration Form. **Don't miss out!**

**November 11, 2019: Dana Balsamo.** 300 Years of American Quilts, Trunk Show and Talk. *"A brief history of quilting in America with lots of examples of quilts from the 1770's to today."*

~ Rosemary & Jann

## Hospitality

**MAY meeting:** hospitality treats will be provided by members whose last names begin with A through M.

**June meeting:** All members – details to follow.

~Carol Scullin and Gail Moodie

## Sunshine Committee

We have donated **241 quilts** this year!!! Thanks for all your help! We just donated 20 to "Quilts for Kids". We have donated so many quilts to Gorayeb children's Hospital and to the Carol Simon Cancer center that we got "Garden State Quilters" on a plaque in the hospital! We still have lots of quilt tops to be quilted. Want to practice your quilting?....pick up a Sunshine quilt to practice on or come to a bee! **Our next Bee is Wed. May 15th at the Chatham Library 1-4 pm.**

Helen and I have really enjoyed our time as Sunshine chairs, but we need to retire. We need someone to fill our shoes! We will be happy to help whoever steps up. Sunshine is an essential part of GSQ. WE NEED YOUR HELP!

Thanks and Happy Quilting!

~Kris & Helen

## Workshops begin at 10AM

Doors open at  
approximately  
9:40AM.

Check website for  
list of supplies.

## Membership

Please send membership info/change of address or email to:  
[membership@gardenstatequilters.com](mailto:membership@gardenstatequilters.com)

On the guild website at [www.gardenstatequiltersguild.com](http://www.gardenstatequiltersguild.com),

click on the line that says:

**2018-2019 GSQ Membership Form**

*[Check with Ginger for your new Badges!](#)*

**ALL members and guests must wear their badge at every meeting**

~Ginger Scott

## Block of the Month

Please check out the BOM directions on the website or pick up a printed version at our next meeting. Wonky Block for May instructions are attached.

~Sarah and Dawn

## Library Update

Last Call!

I don't usually bring the library to the June meeting (due to the supper) so May's guild meeting on the 13th will be your last chance to return books. Also, if you need some summer inspiration stop by and pick up a book! You can take books out through our summer break and return them at the start of our new guild year in September.

~Laura Wagner

## Newsletter articles

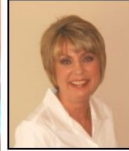
Pictures, Pictures, Pictures!!! Send to: [newsletter@gardenstatequilters.com](mailto:newsletter@gardenstatequilters.com).

~Beth & ??

(HELP with electronic distribution only? And you get to vote!!)



*Too Much Fabric?  
I think the phrase you are looking for is:  
Too Small of a Sewing Room.  
I'll help you find a sewing room that's just  
the right fit!*



Gail Moodie Realtor, ABR, EPro  
Coldwell Banker  
135 Main Street, Chatham  
201-572-9662 Cell  
Gail.Moodie@cbmoves.com



## Meeting Notes

Hospitality 6:45 pm  
Guild Pins = \$5

Business 7:15 pm  
Membership Lanyard = \$5

## Meeting Checklists

Mary Meeting	June Meeting
<input type="checkbox"/> Hospitality → A thru M <input type="checkbox"/> Show 'N Tell <input type="checkbox"/> Guild Business <input type="checkbox"/> Block of the Month <input type="checkbox"/> Razzle - Dazzle (Snow) <input type="checkbox"/> Sunshine project distribution <input type="checkbox"/> Ginger Scott	<input type="checkbox"/> Hospitality → N - Z <input type="checkbox"/> Super Show 'N Tell <input type="checkbox"/> Guild Business <input type="checkbox"/> Block of the Month <input type="checkbox"/> Razzle - Dazzle (Valentine) <input type="checkbox"/> Sunshine project distribution <input type="checkbox"/> PARTY! - Strawberry Supper

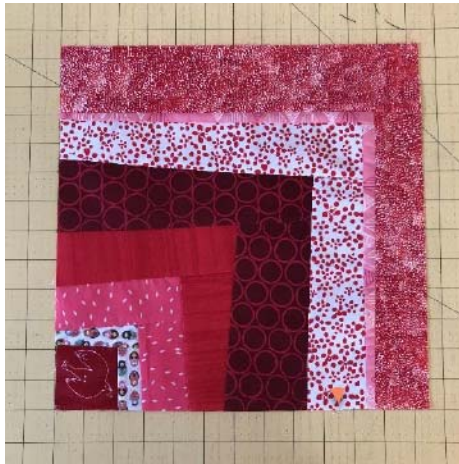
## Calendar of Events

We are almost at the end of another successful year.....!!!!	
Tues May 7th	BOARD Meeting at Library of the Chathams
May 13-14 <sup>th</sup>	General Meeting & Workshop with Ginger Scott
Tues May 29th	BOARD Meeting at Library of the Chathams
June 3 <sup>rd</sup> -- 1 <sup>st</sup> Monday!!	Strawberry Supper

Garden State Quilters Guild May 2019 Block of the Month

Block of the Month  
May 2019  
Wonky Quarter Log Cabin

In 50 Shades of Red  
12.5" unfinished square  
\*\*Bring block to the May meeting\*\*



By Sarah Hoagland & Dawn Rhodes  
Garden State Quilters Guild

From Pam Farago:



## Board Members and Committee Chairs

Board Positions (2018-2019)		Committee Positions - no term expiration	
President (1*)	Wanetta Phillips	Programs Helper(s)	Liza Chapman & Lori Danulc & Lindy Wilson & Linda Haan
Vice President (1)	Karen Jack	Webmaster	Yolanda Fundora
Treasurer (1)	Sue Adams	Library	Laura Wagner
Secretary (1)	Laura Wagner	Hospitality	Carol Scullin & Gail Moodie
Membership (1)	Ginger Scott	Raffle Quilt	TBD
Nominating (1)	Susan Wolfman	Block of the Month	Sarah Hoagland & Dawn Rhodes
Programs (2)	Rosemary Wellner & Jann Slapin	Book Raffle	Barbie VanderFleet-Martin
Newsletter (1)	Beth DiDomenico	Friendship Quilt	Alix Martin
Quilt Show (1)	Pam Farago	Challenge Quilt	TBD
Sunshine/Grants & Scholarships (1)	Kris Dale & Helen Pulitano	Drop & Shop Market Place	TBD
Program Helpers	Jan Martin & Lori Darnult	Razzle Dazzle	Wanetta Phillips & Paula Raimondo
		January Party	Barbie VanderFleet-Martin
		Historian/Show & Tell	Ellen Culp
		Publicity	Nancy McArthur

\* Number of voting positions



**RAZZLE DAZZLE  
CONTINUES!!**

**What it is:** Bring a fat quarter (FQ) to each meeting according to the schedule below and get a ticket for a lottery to win all the fat quarters brought in that night. In the past there were meetings where we had so many participants that we were able to have 2 fat quarter bundle winners!

**Guidelines:** A fat quarter measures 18" x 22". Bring as many FQs as you like. You will receive a ticket for each fat quarter that you bring in - thereby increasing your chance to take home yards of fabric. Please bring Quilt Shop Quality FQs only. Share with others what you yourself would like to receive.

### ***Schedule for Razzle Dazzle***

2019
May:: Words
June:: 20's and 30's reproduction

~Wanetta Phillips & Paula Raimondo

## DROP & SHOP

Alas! We still Have No volunteer(s) to run this program.... :-)



## 2018 Sunshine Quilting Bee Schedule at the Chatham Library

*Wednesday May 15<sup>th</sup>, 1-5 pm*



## Member News and Upcoming Events

Note the dates of the remaining Board Meetings – they are on Tuesday nights and **YES, there will be 2 Board meetings in May** – due to the earlier than usual date for the Strawberry Supper... *see page 4 calendar of events.*

*Anyone can post quilting ideas, awards, upcoming publications, quilting places they have been, quilting projects they are working on or are thinking about working on. This is your page. Send emails to [newsletter@gardensstatequilters.com](mailto:newsletter@gardensstatequilters.com) about 2 weeks before the upcoming edition and we will include it in the next newsletter.*

## The Creative Art of Quilting

This art form is good for your health, helps you stay connected and provides purpose

- By [Marijke Vroomen Durning](#) July 12, 2018



*Credit: Compliments of Marijke Vroomen Durning*  
Quilts by Marijke Vroomen Durning

If you're among the [7 to 10 million quilters](#) in the United States, you likely already know how quilting can have a positive impact on your life. Studies have shown crafting can have a healing effect on the mind, but did you know the art of quilting may help restore or maintain your health?

### **Quilting Offers a Sense of Belonging**

With families and friends spread out across the country, it's easy to feel disconnected.



Unlike many other crafts, quilting can provide the sense of community that has been lost. A few generations ago, women held quilting bees to gather and work on quilts. Today's equivalent is the quilting guild, where quilters gather to learn about quilting, share creations, work on community projects and reach out to other quilters who need support. Bonnie Wright, a retired occupational therapy assistant, found this support when quilting helped her adapt to her new home. After moving to Mount Cobb, Pa., following her husband's death, Wright sought out and joined a guild, so she could meet people. There she met a woman who held smaller meetings in her home. "It's what I needed," Wright said. "With this group, I feel like I made the friendships I needed so badly."

Dana Howell, program director of the occupational therapy department at Eastern Kentucky University, had a similar experience after moving to Seattle and then going through a bad break-up. "I was in a really rough spot, so I started taking a quilting class through a local community college in 1996. To this day, that was one of the most supportive groups of women I have ever been involved with," she said.

Howell went on to write a paper about the restorative qualities of quilting, which was published in the [Journal of Occupational Science](#) in 2000.

### **Restoring Health**

Ricky Tims, a world-renowned quilter, quilt teacher, and designer who lives in La Veta, Colo., underwent quadruple bypass surgery 18 years ago. While he doesn't credit quilting for his overall recovery, it did play a role. A week after Tims returned home, he was bored, but his activities were limited.

"I couldn't lift anything heavier than a 5-pound sack of sugar," he explained. "I wanted to do what I loved, and that was quilting." Tims began making a quilt to commemorate his surgery. "I just wanted to get back into the game. It allowed me to stay active and motivated, and that is good mental medicine," he noted.

### **Quilting as We Age**

Quilting is a physical activity, and as our bodies change, so do our abilities. But crafters are often motivated to stay as healthy as possible so they can continue their art for as long as possible.

"A lot of us have had cataracts removed so we can see and quilt more," Wright said. "I told my eye doctor, 'I can't see the thread and needle, you have to fix this.' So he said that it was because I had cataracts and I needed new lenses."

Getting older doesn't mean quilters can't learn new tricks. Arthritic fingers can make it hard to hand quilt, but then it's time to learn how to machine quilt or even to use a long-arm machine, like Wright did.

Learning new skills is a fun way to keep the mind and body sharp. You can take up more complex patterns or different skills as you want or as your body dictates.

"Quilting gives you the opportunity to learn something at your own pace," Wright said. "It's not something you have to learn all at once."

By [Marijke Vroomen Durning](#)

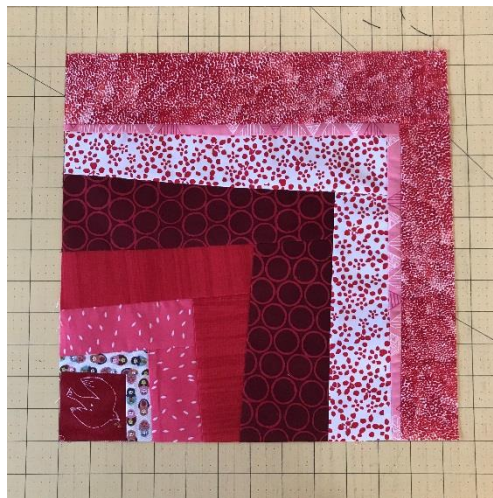
*Marijke Vroomen Durning is a Montreal-based writer and RN who writes about health, medicine, and life in general. Her work has appeared in Costco Connection, CURE Magazine, Forbes.com, Oncology Live, and many other publications.*

# Block of the Month

## May 2019

### Wonky Quarter Log Cabin

In 50 Shades of Red



**\*\*Bring block to the May meeting\*\***

**By Sarah Hoagland & Dawn Rhodes**

**Garden State Quilters Guild**

**BLOCK SIZE: 12½" unfinished**

**LEVEL: Easy**

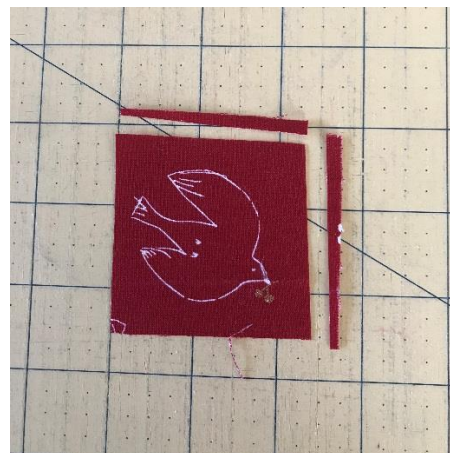
## FABRIC SELECTION:

1. Various size strips in all shades of red, pink and white. Patterns of all sizes. Use lots of variety!

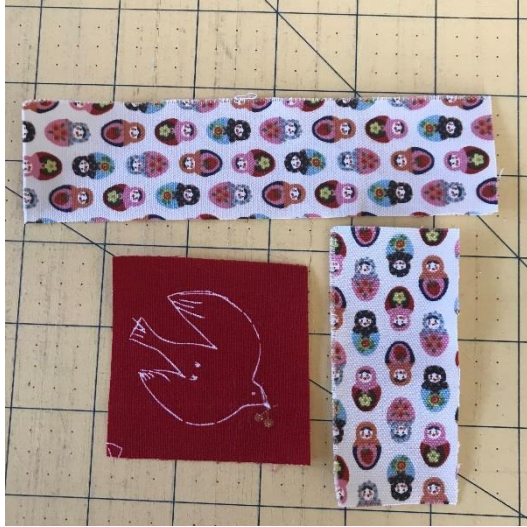


## Assembly:

1. Cut one 2½” square out of red fabric. Please use red fabric for this step. It symbolizes the heart of the home. Use rotary cutter and ruler to cut an angle off of two sides making the square wonky.



2. Cut two strips, width of your choice, long enough to sew to the side and then the top of the square. Sew shorter strip to the right side of the square. Iron toward new strip. Then, sew strip across the top of the square and strip. Trim each strip at an angle of your choice, so that it is wonky.



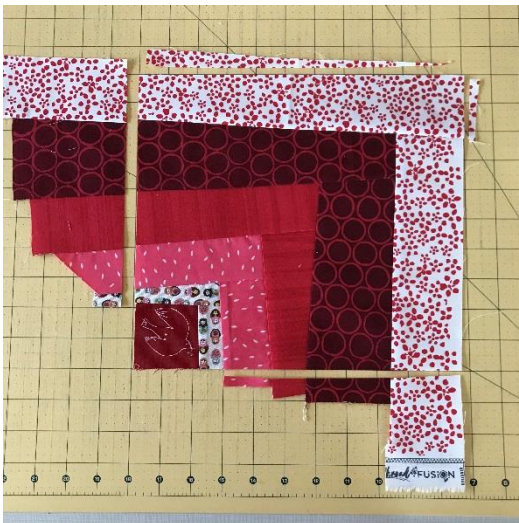
3. Add your next round, again with width of your choice, sewing right side first then strip across the top and trimming at an angle to make it wonky. Do not trim left and bottom sides yet.



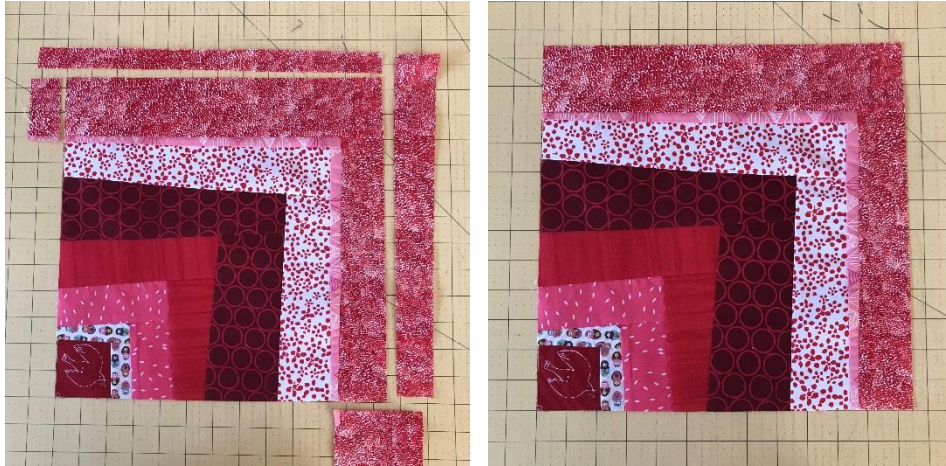
4. Repeat the process three more times using various shades of red in various widths of your choice.



5. Now it's time to square up the block using the original edges of your red center block.



6. Measure your block and continue to add strips until you can cut out a 12½” square from what you have assembled. We only had to add two more strips. You may need to add more depending on the width of the strips that you used. There is no right or wrong!



**Enjoy playing with the red, pink and white fabrics.**

**Have fun!**

*Have any suggestions? Please let us know!*