

QUILT SCRAPS

Visit us on [Facebook](#) and <https://amqg.wildapricot.org/>



February 2024

Board Meeting
Tuesday
February 27th
6:30 pm
Zoom Meeting
All members are
welcomed.

Guild Meeting
Meet the Members
Tuesday February 6th
6:30 pm Hybrid
Quilt Works
11105 Menaul Blvd NE
Albuquerque NM 87112

Longarm group
First Saturday 9:30am-11am
Saturday Sew Day
Second Saturday 11am-
4:00pm
Zoom Meeting
Paper Piecers
Third Sunday 1pm-4pm

Announcements

Happy Heart Month! I was thinking about love this month and it occurred to me that we, as quilters, are lucky we have this hobby we love. Every day I wake up, I have a project to think about, a new skill to learn, and hours of sewing to look forward to. What's on my list of what to love this month? Judie P.

Keep the pictures coming of your quilts. Calendar will be sold at Destash and online. All entries should be in by January 31, 2024. Please email to sewodysey@gmail.com. Please put Calendar on the subject line. The guild members will be voting in March 2024.

Our first quilted postcard exchange is with Minneapolis MQG. Sign up by January 31st, get your partner by February 10th, please bring them to show and tell at the March meeting, then mail by March 15th. When you receive your post card, bring them to the April meeting so we can see your beautiful cards.

Just Keep Growing: New Skills and New Faces!

We are planning to have educational demos before the monthly meetings. (New Skills) I'm calling on members to share their tips and tricks to make quilting better or easier. There is a lot of talent in our Guild, so come on members...SHARE! Please contact Judie Pokakaa if you wish to share. Thank You!



Monthly Meeting

February (H) - Hot Chocolate and Conversation about Scraps. Bring your favorite mug.

March (Z) - Batting class with Lyn Heilman of Battingsupersale.com

April (Z)- Sew Together Quilt shop - Heidi – New fabric lines, new product, and what is it like to own a quilt shop.

May (H) - Lemonade and conversation – about Cleaning our sewing machine by Ryan Strauss.

June (H) - UFO Trunk show (Members bring a UFO finished or not for show and tell – Discuss organization and tips to finish them.



Letters From the Board

We hope this message finds you refreshed after the holiday season. Now that we're back to our beloved quilting, it's the perfect time to reacquaint ourselves with our routines and perhaps, explore new areas of interest.

February is a special month for many reasons. Not only is it Heart Health Month, a time to focus on our well-being (don't forget to take those heart-healthy walks and tick off a square on your BINGO card!), but it's also packed with unique celebrations.

Did you know February isn't just about Valentine's Day? We have Library Lovers Day on February 14th, a day to cherish our reading havens. Then there's the delightful Ice Cream for Breakfast Day on February 3rd – a perfect excuse for a sweet start to the day. And let's not forget February 1st, Spunky Old Broads Day, celebrating the vibrant spirit of women over 50, challenging the stereotype that life slows down after a certain age.

Moreover, February is Declutter for a Cause Month. This initiative reminds us of the importance of organizing and reevaluating our resources. We're excited to introduce a new program at our next meeting. We'll set up a table for members to bring and share any quilting materials they no longer need – be it fabric, thread, or rulers. It's a wonderful opportunity to declutter and potentially find treasures among the items others have brought. Anything left over will be saved for our DeStash event.

As you sift through your supplies, consider parting with items that no longer serve you – what might not be useful to you could be a gem for someone else in our Guild.

Let's make February a month of heart health, joyous celebrations, and community sharing. Remember, while love keeps the world turning, it's laughter that keeps us steady.

Wishing you all a fabulous and fulfilling month!

Your Board Members!



Where Did the Quilt Guild Start



The development of quilt guilds in the late 20th century marked a significant evolution in the quilt revival movement. Unlike traditional craft guilds that were very structured, hierarchical, and sometimes politically involved and influential, modern quilt guilds are focused on democratic principles, with a focus on teaching, sharing, and community service.

These quilt guilds differ themselves from informal quilting clubs by establishing by-laws, electing officers, and setting membership dues. They are generally larger, with more emphasis on the craft than social interaction. Inside these guilds, smaller groups called bees are often formed to create a more intimate collaboration.

Quilt guilds operate as non-profit organizations dedicated to promoting the art of quilt making. They preserve traditional techniques while also embracing contemporary methods. Activities in these guilds include presentations on quilt history, member showcases, workshops, retreats, quilt shows, charity projects, and participation in historical exhibitions.

A notable contribution of quilt guilds in the 1980s and 1990s was their involvement in preserving historic quilts through county and state survey projects.

In the 21st century, modern quilt guilds have expanded their presence to online. This digital shift allows members to stay connected and well informed about guild activities. Online platforms also enable the formation of quilt guilds that transcend geographical boundaries, allowing quiltmakers from different locations, occasionally internationally, to collaborate and share their passion.



February Birthdays

Every birthday is a time to celebrate!
Please reach out and send good wishes
to our quilters with birthdays this
month!

Carol Bell
Mary Chappelle
Afton Warrick
Sandy Portlock
Cindy Kurey
Tabitha Hall



Newsletter

Editors

Judie Pokakaa
Dale Jarvis

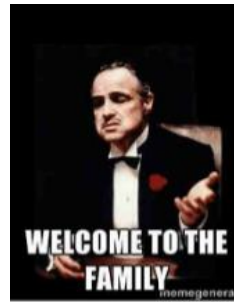
Please submit
Articles
Photos

Group Updates
Member Ads
Special Events
to

SewOdyssey@gmail.com

By the 15th of
the month

Welcome New Members



**Welcome Our
Newest Members!**

Beth Anderson
Laurel McBee
Sophia Rodgers



Quilting Tibits

Here are five fabulous resolutions that will not
only sharpen your skills but might also make
you smile a little:

1. Try a new technique.
2. Organize your quilting studio.
3. Join a quilting club or online community.
4. Enter a quilt in a local quilt show
5. Upgrade a part of your quilting setup.

Refresh your quilting space for 2024!

1. Declutter and organize.
2. Update storage solutions.
3. Rearrange your workspace.
4. Add inspiring touches.
5. Establish creative rituals.

Community Service

Girl Scouts

We will need volunteers to help teach Girl Scouts to sew and quilt. The first project will be a pillowcase. The next two projects will be an easy quilt, then a holiday item. We will also need fabric donated. A sign-up email will be sent in January!

The Ronald McDonald House

RMH offers quilts to all kids staying with them, not just patients. While they have plenty of regular-sized blankets, there's a need for baby blankets. Judie is donating some in February and March, and we encourage you to help. Can you make a baby quilt? Bring it to our next meeting.

Ryan's Case for Smiles

Bring Pillowcases to the monthly meetings. Donations are made monthly to UNM Children's Hospital. Other needed items are quart size Ziplock bags. See website: <https://caseforsmiles.org/new-mexico/>
Local Coordinator:
Judie Pokakaa

Sew, Stand, Stretch, Repeat: Balancing Sewing with Motion.

By Rose Parr

As an avid quilter and a former Personal Trainer, I understand the importance of movement, yet I often find myself engrossed in my sewing projects for extended periods. It's easy to get lost in the rhythm of stitching block after block, or meticulously crafting the border sections. However, I've learned that staying too long at the machine without a break isn't beneficial for my body or creativity.

Even with 13 years of experience in personal training, I admit I don't stretch as often as I encourage my clients to. To ensure I maintain a healthy balance, I've adopted a simple strategy: setting a timer for 45 minutes when I know I have a substantial sewing session ahead. This timer is a gentle reminder for me to pause and engage in other activities - whether it's pondering over dinner plans, visiting the powder room, watering my plants, changing out of my pajamas, taking a quick shower, or simply standing up to stretch.

I've tried other methods, like taking breaks between Netflix episodes, but they often lead to prolonged sitting as one episode seamlessly flows into the next. Fortunately, my sewing setup encourages some physical activity; my sewing machine is on the third floor, while my longarm is in the basement, inadvertently integrating a workout into my routine.

Incorporating stretching into your quilting routine is essential for health and well-being. It's beneficial to perform stretches like circling your arms out to the sides and reaching towards the ceiling. Looking up helps open up the chest, countering the downward gaze that dominates while sewing. Adding a few large arm circles into the mix can invigorate and prepare you to continue your creative journey.

Remember, healthy quilting is not just about the art you create with your hands; it's also about taking care of the body that allows you to create. Sew, stand, stretch, and repeat - this is the mantra for a balanced and healthy quilting experience.

<https://www.healthyquilting.com/post/sew-stand-stretch-repeat>

The ABQ MQG Book Club

Each month, the newsletter will feature two books - one fiction and the other focused on quilting. Additionally, we will provide a free pattern for book loving sewing enthusiasts. Feel free to connect with a book buddy to discuss the books. Share your creative projects by uploading them to Instagram with the hashtag #ABQMGGBookclub, and don't forget to bring them or upload them for Show and Tell. Happy reading and crafting! (We are looking for a member that will host a monthly Zoom meetup.)



[Get it here](#)

Kindle, hardcover,
paperback

This book is in honor of
Black History Month



At age four, Phyllis Biffle Elmore was plucked off her front porch in Detroit and dropped on her grandmother Lula Horn's doorstep in rural Alabama. Phyllis felt utterly abandoned until Grandma Lula showed her both all-encompassing love and her intricate "Quilts of Souls." Phyllis listened intently as Lula told epic stories of folks who had passed on as she turned their clothing into breathtaking quilts for their families.

Grandma Lula's generosity of spirit, strong will, and creative soul animate every page and through the quilts, she paints portraits of extraordinary Black women born before and after the Civil War. They are enslaved people, laundresses, storytellers, healers, and quilters whose stories have gone untold until now.

Beautifully written and brilliantly told, Phyllis weaves back and forth through time, piecing together true tales of racism, sexism, and colorism, but also strength and pride, creating a multigenerational patchwork honoring her family and ancestors. From the lush visuals to the powerful history, *Quilt of Souls* is oral tradition written and preserved for posterity.

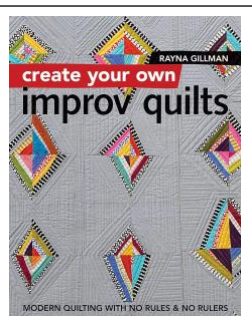
(From Amazon)

Fabric Bookmarks

Let's use up some scraps this month. If you like the feel of a book in your hand, you need a bookmark. When I give kids a book, I love giving them a bookmark. These bookmarks use small scraps at least 3 inches long.

To go along with this month's book, these bookmarks can be made with the clothing of family members that have passed on.

[Get the tutorial here](#) [Second Tutorial here](#) [Corner Bookmark Here](#)



By Rayna Gillman

A natural follow-up to the best-selling Create Your Own Free-Form Quilts, this book applies Rayna's no rules, no mistakes, no worries style to modern quilting. Starting with strips and geometric shapes, you'll cut and sew without patterns, required yardage, or complicated diagrams. This freeing method lets you create modern quilts organically as you follow your instincts, ask "what if...?", and experiment with scale, color, value, and placement. Get it [Here](#).

Caring for your Stash Part 2

By Amy Sidelinger, Emily Boyle, and Judie Pokakaa

Life is finite, but the passion for quilting often feels boundless, with endless ideas, fabrics, and supplies fueling our creativity. Unfortunately, since we can't quilt forever, it's essential to think ahead. Not everyone receives a forewarning before their final stitch.

Here is Amy and Emily's Story related to handling the stash of a loved one.

We come from a lineage of incredibly skilled women whose hands wove magic with needles, fabric, and thread. In our inherited collection, we've discovered numerous unfinished projects. These include quilt blocks from the 1940s and 50s and parts of a knitted bedspread dating back to the late 1930s. Recently, we dedicated a weekend to assembling quilt tops from blocks our grandmother embroidered over two decades ago, when she was in her 90s.

Seventeen years ago, our mother's unexpected passing left us with a daunting task: rehoming her extensive fabric collection. The women from our local church were lifesavers, repurposing much of it for their quilt ministry. Our mother's sister, a guiding light during this time, helped us navigate through the myriad of unfinished projects. Years later, we faced a similar challenge with our aunt's stash, which contained over 50 UFOs scattered throughout her home. Identifying and organizing these took numerous extended visits, as her unique organization system was a puzzle to us.

One of our most remarkable finds was a set of blue forget-me-not blocks, which, after days of searching, we realized paired perfectly with yellow and blue teapot blocks to create a table topper. This discovery, made while browsing through a quilting book, felt like a true 'Eureka!' moment.

We urge you to consider the following steps to ease the journey for those who will one day sift through the fruits of your quilting endeavors:

Label Everything: Whether it's a project you started, fabric you bought, or a prize you won, label it. Consider compiling a book with photos and details of each project. Keep patterns, instructions, and relevant materials together. Clear, stackable plastic totes work well however you can use what you have.

Leave Notes: Explain your intentions for specific fabrics or projects. Who is the intended recipient? What is the envisioned design?

Seek Assistance: If a friend is familiar with your projects, ask for their help in organizing and labeling, and potentially in guiding your loved ones later.

Plan for the Future: Decide who might complete your unfinished projects, where your stash could be donated, and who should inherit your sewing machines. Consider gifting machines you no longer use while they can still be serviced.

When dealing with another's stash:

- **Organize by Project:** Create a box for each UFO. Use Post-it notes for temporary labels during sorting.
- **Sort Like Items:** Group magazines, fabric, templates, and kits.
- **Adapt Projects:** Transform unfinished quilts into smaller pieces like wall hangings or table runners.

Continued on page 8

- **Be Realistic:** Understand that you can't keep everything. Set limits and make decisions methodically.
- **Appreciate and Select:** While admiring the collection, focus on projects that spark joy for you.

Here is Judie's story:

While in one of my many online quilting groups, a fellow quilter posted about her unbelievably great deal on a fabric haul. She found an unbelievable bargain on fabric worth thousands, sold by a widower who had no idea what to do with his wife's stash. This lucky quilter scored more than \$5000 in fabric for \$250. She got this from a kind husband, who just needed to get rid of items he would never use. This unpleasant circumstance underscores the importance of planning for your stash's future, ensuring both its value and your legacy are honored. Think of it this way, "Would you want to inherit your stash?" I made plans with my children, to make sure my sewing machines and fabric that they don't want goes to the 4H, Girl Scouts, or a school. I decided to teach my daughter and my daughter-in-law to sew. I would like all my sewing items to stay in the family. Below is a great organization that helps families finish UFOs in case of disability or death.

Caring For Your Stash January/February/March 2023 www.theappliquesociety.org Page| 16



LOOSE ENDS

Started with love by them. Finished with care by us.

knit / crochet / sewing / quilting / tatting / rug-making / embroidery / cross-stitch
Tunisian crochet / mending / amigurumi / needlepoint / basketry / turkey work / felting
nalbinding / applique / spinning / latch hook / punch needling / weaving



When a crafter dies mid-project, or is no longer able to do handwork due to disability or illness, they will likely have unfinished items they were making for friends and family. These tangible, handmade expressions of love could get lost, donated away, or thrown out.

We match unfinished projects to volunteer finishers who complete and return the garments, blankets, & accessories, to their loved ones.

NEED A PROJECT FINISHED?

Visit us online to find out if your project qualifies to be completed by a Loose Ends finisher. If it does, simply fill out the online form and we will match you with a volunteer who has the skills and time to get the job done.

HAVE SOME TIME TO GIVE?

As a crafter, you understand that a handmade gift is priceless. The materials and hours that go into making something for a loved one are a gesture of love. Your efforts will reconnect an individual with a garment or accessory that had been begun for them by a loved one who died or became ill mid-project.



info@looseendsproject.org

VISIT US ONLINE FOR MORE INFO: LooseEndsProject.org

photos © Winky Lewis



Fiber Arts Fiesta 2024

"Save the date"

April 12 and 13 2024

10 AM - 5 PM

Manuel Lujan Building
Expo NM

general admission - \$10
Expo parking additional cost

- Exhibits
- Vendors
- Classes



presented by

ALBUQUERQUE
Fiber Arts Council

For more information visit:

www.abqfiberartscouncil.org

an all volunteer

501 (c) (3) organization



ABQ MQG In Town Retreat Update

First RETREAT for the 2024 quilting year.

June 22-23. Registration opens February 1, 2024.

Please join us for a weekend of QUILTING, QUILTING, EATING, SOCIALIZING and QUILTING! Want to do that AND sleep in your own bed at night and have lunches and snacks included? Come join us for our In-Town Retreat. Set up Saturday morning, sew, eat lunch, sew and socialize, sew, go home to your own bed to dream sweet dreams, return Sunday and do it all over again.

Day 1: Liz Whitehead will teach. Pattern to be announced.

Day 2: Finish quilt top from day one, UFO, and Quilt demonstrations.

How to Register: An email will be sent out for registration.

The cost: \$100 for members; \$150 non-members.

Location: Quilt Works, 11105 Menaul Blvd NE, Albuquerque NM 87112

Hours: Saturday 10:00 am—5:00 pm; and Sunday 10:00 am—5:00 pm.

Let's have fun and build friendships!



Love Is in The Air

Riley Blake's Free hearts quilt patterns.



[Paper Hearts Valentine](#)



[Heart To Sew Quilt](#)

The Hidden Word Game

The game is played by locating a word (out of context) that totally does not belong in a quilting newsletter. The word was selected by Judie Pokakaa and placed somewhere in the body of the monthly newsletter by the Editor. Hidden Word players will tell Judie the Hidden Word at the next monthly meeting and by doing so, receive a "special" door prize ticket or a prize. The drawing for this Door Prize will be at the end of the meeting.

BOM

By Judie Pokakaa

This Month's block is the improv block.



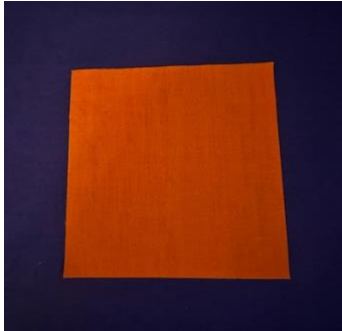
This block goes along with the quilting book from our book club.

Improvisational quilting is pretty much what it sounds like — piecing a quilt together in whatever way sings to you, picking out fabrics and adding lines, curves, and details as the wind takes you. Of course, you can have some sort of idea of where you're going with the project before you get started, but only if you want to tractor!

Improv quilts range from simple to complex but are always interesting. You can play with solids or prints, curves, intricate piecing, or keep it simple with a traditional quilt block, but make it slightly askew or “wonky” as we used to call this quilting style in the 2000s when I was getting started with quilting.

BOM continued

The Block this month is very easy to make.



You take any sized square. I used a 4-and-a-half-inch block.



Cut off a corner. Don't cut them all at the same time or same angle.



Next fill in the corner with strips.



Then cut the strips to the same size as the square. Sew the squares together with the strip section in the middle.

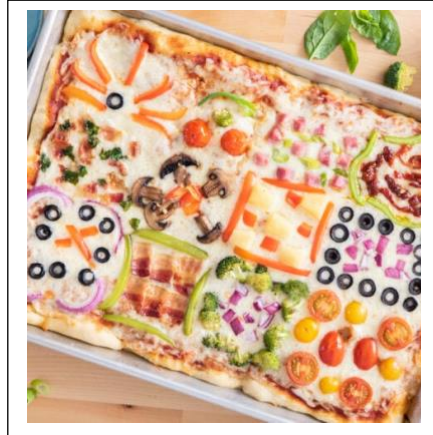


Quilt Pizza

<https://weelicious.com/quilt-pizza/>

Ingredients

- 1 pound pizza dough, at room temperature
- 1/2 cup pizza sauce
- 2 cups mozzarella cheese, shredded
- 1 small red onion, thinly sliced
- 1 cup broccoli florets, lightly steamed
- 1/2 cup pineapple, chopped
- 1/2 cup cherry tomatoes, halved
- 1 bell pepper, sliced
- 1/4 cup olives, sliced
- 1/2 cup mushrooms, sliced
- 4 strips bacon, cooked
- 1/2 cup sun-dried tomatoes, sliced
- 1/2 cup fresh baby spinach leaves
- 1/2 cup green onions chopped



* These are just suggested toppings. Feel free to come up with your own. The possibilities are endless.

Directions

- Preheat oven to 425 degrees F.
- Lightly grease the backside of a half sheet pan with olive oil and stretch the dough to fit the size of the pan (about 16" x 11").
- Spread 1/2 cup of sauce on the dough and sprinkle 2 cups of cheese on top.
- "Decorate" the pizza using the topping ingredients. Divide into 8-12 squares to create a quilt.
- Brush the edges with olive oil and bake for 18-20 minutes or golden.

Watch video [here](#).

Quilt Lifter Cocktail.

Mixed Drink Recipe from [Cocktail Builder](#)

- 1 oz of [white rum](#) (or [Light Rum](#))
- 1/2 oz of [Dry Sherry](#) (or [fortified wine](#))
- 1/2 oz of [creme de bananas](#) (or [banana liqueur](#))
- 1 oz of [Pineapple Juice](#)
- 1 oz of [Orange Juice](#)
- 1/2 oz of [Passion-fruit Juice](#)



Shake briefly with a glassful of crushed ice in a double-cocktail glass. Garnish with fruit and serve.

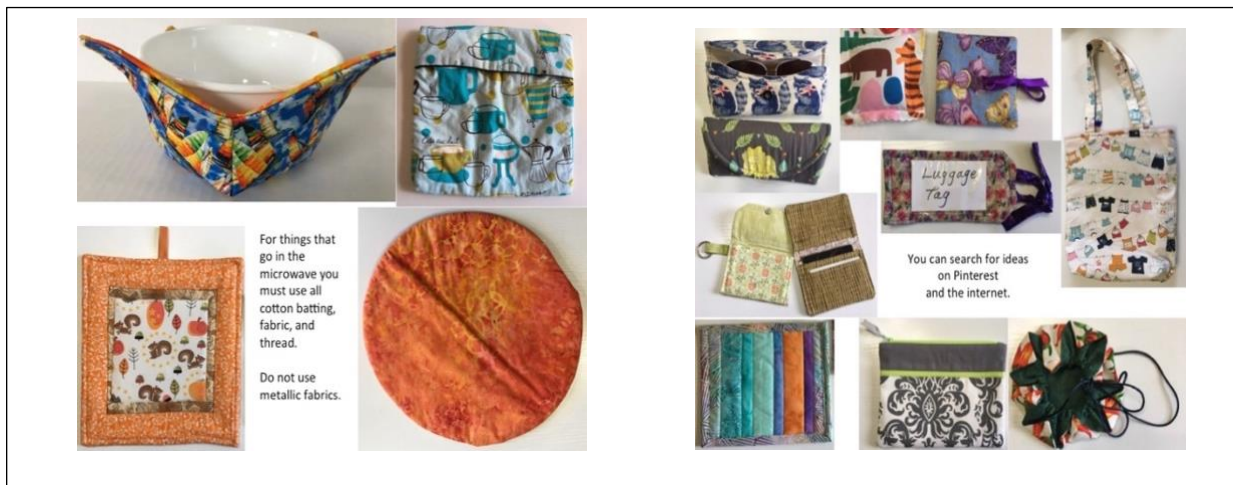
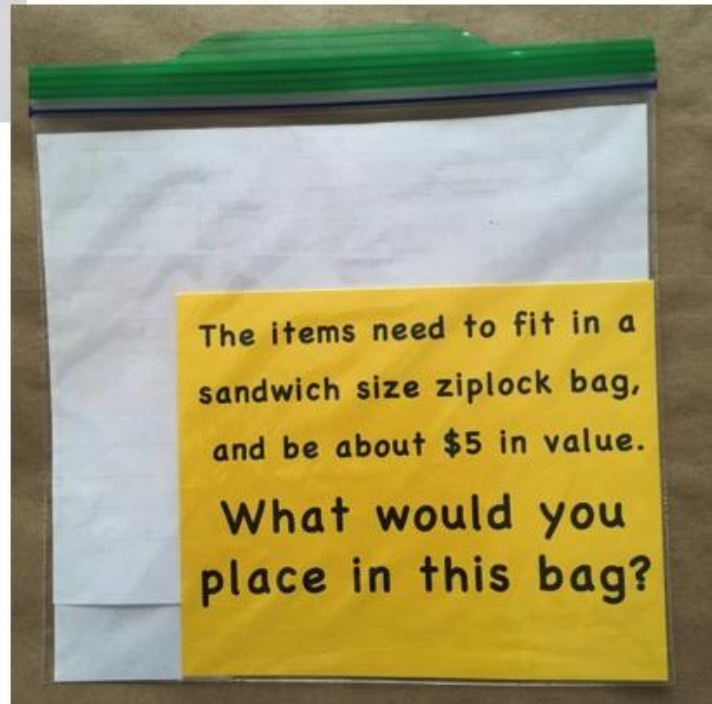
Got a recipe you want to share with the guild, send it to SewOdyssey@gmail.com.

Doo Dah collections in January



A DooDah is a small handmade fiber item that fits in a sandwich or quart ziplock bag and be about \$5 in value.

People will donate \$5 for each DooDah they choose. The more DooDah's they like the more money they will donate to Watermelon Mountain Ranch Animal Center. New Mexico's Largest No-Kill Animal Shelter for Dogs and Cats.



Ann Silva is closing their store on 4520 Alexander Blvd NE at the end of February. Check out their many closeout deals. They will be opening a spin off repair only center SewResQ in March.

CLASSIFIED ADS This is a new feature for those wishing to sell items. This is for members only. Items should be priced at \$25 and up. Include a picture if you can. Send to sewodysey@gmail.com by the 15th of the month.

Advertise your business in Quilt Scraps!

Newsletter Advertising Rates for Quilt Scraps

Effective January 1, 2024

Size	Dimensions width X height	1 month	3 months	6 months	12 months
Business Card	3.5X2	\$10	\$30	\$50	\$100
Quarter Page	3.5X4.5	\$20	\$60	\$110	\$200
Half Page	3.5X9.5	\$50	\$150	\$290	\$500
Full Page	7.25X9.5	\$100	\$300	\$550	\$900

Quilt Scrap is published around the 20th of the preceding month (i.e., May is published around April 20th). Our newsletter is public; anyone can access it by going to:

<https://amqg.wildapricot.org/>

The newsletter also emailed to over 300 people a month!
Please email Judie at Sewodysey@gmail.com
if you have any questions or want to place an ad.

January Meeting



[Love Me Love Me Not](#)



[Tutorial](#)
[Be good to your heart](#)