

QUILT SCRAPS

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



March 2024

Board Meeting:

Tuesday
March 26, 2024
6:30 pm
Zoom Meeting
All are welcomed.

Guild Meeting:

Meet the Members
Tuesday March 5th
6:30 pm Zoom only.
Batting University

Longarm group

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

Announcements:

Keep the pictures of your quilts coming. The ABQMQG Annual Calendar will be sold at Destash and online. All entries should be submitted by **February 29th, 2024**. Please email to sewodysey@gmail.com. Please put Calendar on the subject line. Guild members will vote for the photos to be included during our meeting in April 2024.

Post cards to be traded with the Minneapolis should be mailed no later than March 15. An email sign up was sent out for the Melbourne swap the week of February 18th. Postcards for Melbourne MQG should be dropped off at Quilt Works in care of Pam by April 15th. I will pick them up and mail them as a group. Postcards will be part of Show and Tell at the March and April meeting. They can be uploaded on ABQ MQG website. Information for the last swap will be later this year.

Quilt Works is open at 6pm on meeting nights for shopping. You can shop at the break and after the meeting. Please make sure shopping is done by 9pm.



Upcoming Events:

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.

In town Quilt Retreat. June 22 – 23.



Letters From the Board

Hello Quilting Friends,

National Quilting Day, observed this year on **March 16th**, honors the intricate blend of artistry and craftsmanship inherent in quilting. A tradition with origins traced back to the first century, as documented by Grove's Dictionary of Art, quilting surpasses straightforward classification. Though its utilitarian roots may imply it is a craft, the exquisite aesthetic of numerous quilts clearly raises it to the status of an art form. How quilting is perceived—as art, as craft, or as a unique fusion of both—is ultimately in the eye of the beholder.

Celebrating National Quilting Day can be both fun and meaningful. Here are a few examples of opportunities where you can make an impact in our community:

Support Local Quilt Shops: Take this day to purchase fabric for your next project from a local quilt shop. It's a great way to support small businesses in your community.

Outdoor Quilt Display: Join the global quilting community by displaying your quilts outside. This act of sharing not only beautifies your neighborhood but also serves as an educational and inspirational exhibit. You might want to include a sign with the quilt's details and connect with the ABQ Modern Quilt Guild. Share your displays on social media with [#nationalquiltingday2024](#) or [#ABQMGG](#).

Quilting for a Cause: Dedicate the day to quilting for charitable organizations like The Ronald McDonald House, which needs baby quilts, or other national and local initiatives like ABC Quilts and Project Linus.

Share Your Quilting Knowledge: Spend the day teaching quilting to younger family members or neighbors. It's a wonderful way to pass on this valuable skill and passion.

Preserve Quilt Histories: Document your family's quilting heritage. List family members who quilted, label unnamed quilts, and compile a photo album of family quilts. This can be a great activity to involve children or grandchildren. Visit [here](#) or [here](#) for ideas on how to document quilts effectively.

By engaging in these activities, we not only celebrate National Quilting Day but also enrich our communities and families with the rich tapestry of quilting heritage.

Your Board Members!

History

Quilt History

The Log Cabin block is a traditional quilting pattern that typically begins with a square shape. Strips of fabric are then added around the square, often with two sides featuring lighter fabrics and the other two sides showcasing darker prints. In the symbolism associated with Log Cabin quilts, a red center square represents the hearth of the home, while a yellow center is believed to symbolize light shining through a window.

During the late 19th Century, Log Cabin quilts were often crafted using popular fabric scraps of the time, such as silk, velvet, wool, and satin. However, due to the varying weights of these fabrics, sewing them together posed a challenge. To address this, quilters began using a foundation, typically made of muslin, as a base for sewing the pieces together to create the blocks. Assembling the quilt top became difficult due to the thickness of the blocks and foundation, making quilting a challenging task. Consequently, some quilts from this era omitted batting due to the thickness, and many were tied instead of quilted.

Moving into the 20th Century, Log Cabin quilts started incorporating fabrics like shirtings in mourning gray, indigo, claret, and plaids. The 1930s brought a shift towards pastel colors, resulting in Log Cabin quilts with a completely different aesthetic.

The names for Log Cabin settings can vary based on the orientation of the blocks and the arrangement of dark and light sides. Examples of these names include Sunshine and Shadow, Streak of Lightning, Barn Raising, Straight Furrow, Chevron, and Straight Set.

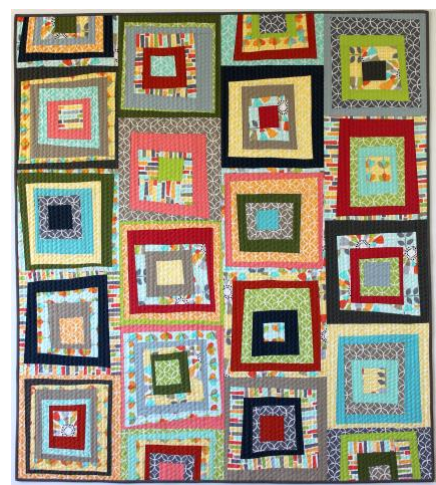
Today, there is a wide range of resources available for creating Log Cabin blocks. Many books, specialty rulers, dies for die cutting systems, and plastic templates have been developed to assist quilters in making Log Cabin blocks. Furthermore, numerous variations of the Log Cabin pattern have emerged, including the Pineapple, Courthouse Steps, and twisted and curved versions. Additionally, instead of using a square as the center, quilters can opt for a rectangle, triangle, or hexagon to add further versatility to their Log Cabin designs.



Scrappy Log Cabin



Wonky Log Cabin



Modern Log Cabin

March Birthdays

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

Ann Petersen
Amy Bigbee
Kira Sowanick
Wendy Wiele
Michelle Brennan
Cynthia Figueroa-McInteer
Sophia Rodgers



Newsletter

Editor: Judie Pokakaa
Dale Jarvis

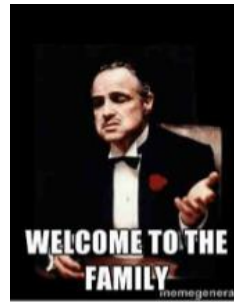
Please send:

Articles
Photos
Group Updates
Member Ads
Special Events
to

SewOdyssey@gmail.com

By the 15th of
the month

Welcome New Members



Welcome to our quilt
family!

Joyce Calhoun
Catherine Begaye

A NEW MEMBER YOU HAVE BECOME



Quilting Tidbits

Download a free quilt pattern to celebrate
National Quilting Day: March 16!

Click on the links below to view their free
downloadable patterns and projects:

[Moda Fabrics](#)

[Aurifil](#)

[eQuilter.com](#)

[Handi Quilter](#)

[AccuQuilt](#)

[StudioE Fabrics](#)

[Henry Glass & Co.](#)

[Windham Fabrics](#)

[Make It Simpler](#)

[Indygo Junction by Amy Barickman](#)

Community Service

Be My Eyes

This is a downloadable app for smartphones. Visually impaired people call, and you assist them with things like sorting items, counting money, or finding an item. You should expect to get a few calls a month.

The Ronald McDonald House

The House provides quilts to all the kids who stay at the house even if they are not the child in the hospital. They are very low on baby blankets. Judie will be donating blankets all year long. If you can make a baby blanket or quilt, please bring it to the next hybrid meeting in May.

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/>
Coordinator: Judie Pokakaa

Meet our March Meeting speaker!



Battingsupersale.com
Quilted Memories LLC
11305 W 87th Terr
Overland Park, Ks 66214
913-649-2704 or c-913-492-8877
lyn@quiltedmemoriesllc.com
sales@battingsupersale.com

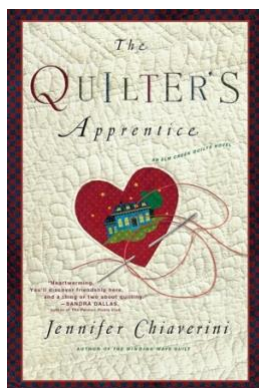
With 16 years of expertise as a batting distributor and educator, Lyn Heilman reigns as the President of Battingsupersale.com. Her workshop "Batting: The Secret in the Middle" is a comprehensive Batting 101 course that explores the various fibers, manufacturing processes, and applications, enriched by Lyn's vast machine quilting experience that she generously shares through valuable hints and tips.

Lyn's dedication to "keeping quilting affordable" has established Batting Super Sale as a leading provider of quality batting and thread, all at competitive prices. Her dual venture, Quilted Memories and Batting Super Sale, is lauded for offering free educational workshops and for its exclusive line of quilt batting, marketed under the Stitch in Time Quilt Batting® brand.

While her days are often spent in the warehouse, it is the community of quilters and the chance to support their craft that truly motivates Lyn. Away from Quilted Memories/Batting Super Sale, she delights in reading, sewing, and cherishing moments with her grandchildren and family.

The ABQ MQG Book Club

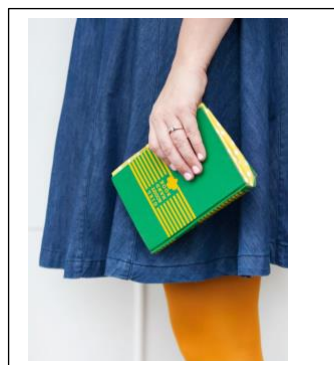
Please share your creative projects by uploading them to Instagram with hashtag #ABQMQGBookclub, and don't forget to bring them or upload them for Show and Tell. Happy reading and crafting!
(We are looking for a member to host a monthly Zoom meetup for the book club.)



[Get it here](#)

Kindle, hardcover, paperback, Audiobook

This book is a locked room mystery.



When Sarah McClure and her husband, Matt, move to Waterford, Pennsylvania, she hopes to make a fresh start in the small college town. Unable to find a job both practical and fulfilling, she takes a temporary position at Elm Creek Manor helping its reclusive owner Sylvia Compton prepare her family estate for sale and after the death of her estranged sister. Sylvia is also a master quilter and, as part of Sarah's compensation, offers to share the secrets of her creative gifts with the younger woman.

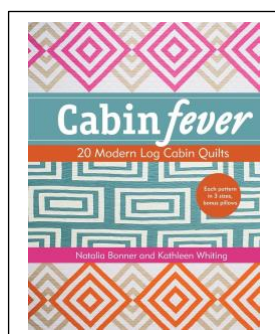
During their lessons, the intricate, varied threads of Sylvia's life begin to emerge. It is the story of a young wife living through the hardships and agonies of the World War II home front; of a family torn apart by jealousy and betrayal; of misunderstanding, loss, and a tragedy that can never be undone. As the bond between them deepens, Sarah resolves to help Sylvia free herself from remembered sorrows and restore her life—and her home—to its former glory. In the process, she confronts painful truths about her own family, even as she creates new dreams for the future.

Just as the darker sections of a quilt can enhance the brighter ones, the mistakes of the past can strengthen understanding and lead the way to new beginnings. A powerful debut by a gifted storyteller, *The Quilter's Apprentice* tells a timeless tale of family, friendship, and forgiveness as two women weave the disparate pieces of their lives into a bountiful and harmonious whole.

Turn an old book into a purse. The best accessories are functional, cute, and great conversation starters. This book clutch is the perfect little thing to carry to a party for stashing your necessities while meeting new friends and finding kindred spirits.

This project is simple, though it does involve minimal sewing. If you have beginner to moderate sewing skills, you could whip up this fun little clutch in just a couple hours!

Get the tutorial [here](#).



By Natalia Bonner and Kathleen Whiting

Don't be square—discover exciting log cabins in varied shapes and formations! The best-selling author duo put an imaginative new twist on the classic block with bold colors and dramatic lines. Packed with possibilities, this collection offers 20 quilts in three sizes, with a bonus chapter on throw pillows and shams. Quick-sew techniques (no curves here!) make it easy to stitch big quilts. These fresh layouts with straightforward construction are sure to inspire!

Get it from our Library or buy it [here](#).

Corned Beef and Cabbage Slow Cooker

St. Patrick's Day is March 17th! Corn beef and cabbage is a perfect celebration meal!

Ingredients

- 1 corned beef brisket 3-4 pounds
- 1 onion
- 3 cloves of garlic
- 2 bay leaves
- 3 cups of water
- 2 pounds of potatoes peeled & quartered
- 2 large carrots chopped
- 1 small head of cabbage cut into wedges



Instructions

1. Chop onion into large chunks and place in the bottom of a 6 qt slow cooker. Top with corned beef and seasoning.
2. Pour water into slow cooker until it just about covers the corned beef. Add garlic and bay leaves.
3. Cook on low for 8 – 10 hours.
4. After the initial 3 hours, add potatoes and carrots.
5. Two hours before serving, add cabbage wedges.
6. Remove corned beef from slow cooker, let rest for 15 minutes before slicing.
7. Serve with potatoes, carrots, and cabbage.

How to Cook Corned Beef to Make it Tender.

- **Low & Slow:** Brisket is a tough cut of meat, and to get the very best results, it should be cooked low and slow. In this recipe, I use the slow cooker and I make sure to use the low setting.
- **Give it time:** This goes back to “slow” ... this recipe calls for 8-10 hours and mine usually takes closer to 10. If your corned beef is tough, there's a good chance it didn't cook long enough.
- **Rest your meat:** As with most meats, allow it to rest for a few minutes before slicing.
- **Cut across the grain:** Brisket has long fibrous strands, so it is very important to cut across the grain. In fact, this is one of the most important parts of this recipe!!
- **Remember:** After slow cooking corned beef, be sure to allow the corned beef to rest for at least 15 minutes before cutting against the grain.

Enjoy!

Loosen Tight Hamstrings

By Rose Parr

www.healthyquilting.com

Prolonged periods of sitting can often lead to muscle tightness and subsequently decrease flexibility, particularly affecting the hamstrings, which stretch from the buttocks to the knees. Other muscle groups, such as the hip flexors, upper trapezius, and pectorals, can also experience tightness due to extended sitting.



Let's focus on the hamstrings: These muscles, when tight, can tilt the hips and pelvis backward, leading to a flattening of the lower back and potentially causing back issues. The tension in the hamstrings can misalign the pelvis, contributing to postural imbalances and discomfort in the sacroiliac joint.

To perform a Seated Hamstring Stretch:

- Move to the front edge of your chair.
- Extend one leg forward, resting your heel on the ground.
- Lean forward slightly, reaching towards your toes, and point them upwards, aiming to bring your fingers closer to your toes.
- Maintain this position for 30 seconds.
- If this is difficult, grab your tape measure, loop it around your foot and lean into it
- Maintain this position for 30 seconds.



[Click here](#) for more variations from the sports injury clinic.

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

First RETREAT for the 2024 quilting year.

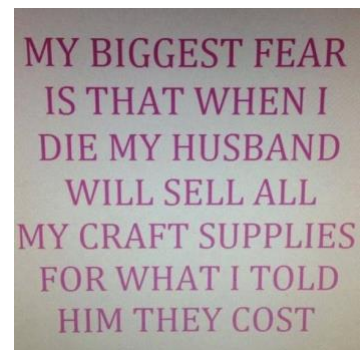
Date: June 22-23.

Registration open: 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? 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 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!



BOM

By Judie Pokakaa

In our exploration of quilting this month, we shift our gaze from individual blocks to the expansive canvas of the quilt. We delve into the significance of negative space within the realm of contemporary quilting. Far from being just a passive backdrop or the traditionally perceived 'white space,' negative space can embody any hue and is not confined to solid textiles. It serves an essential function in forging visual contrast, accentuating the quilt's main motif.

In the vanguard of modern quilting, negative space is often a dominant force, sometimes surpassing the extent of the primary design or 'positive space.' This inversion presents unique quilting opportunities and challenges.

The signature of a contemporary quilter is the deliberate manipulation of negative space. It is characterized by vast, monochromatic expanses that cradle the pieced or appliquéd segments. Within these broad stretches, meticulous quilting work augments the overall aesthetic, commanding the observer's gaze towards the positive space—the quilt's heart, its central motif or pattern. These areas also act as a stage for emerging secondary patterns that orbit the primary blocks, establishing a balance between the quilt's artistry and craftsmanship.

Negative Space Quilts are a splendid platform to express one's knack for color, structural design, and quilting prowess.

- They spotlight the quilt's overarching design, bringing it into the limelight as the main attraction.

These quilts, marked by their generous negative areas, provide a superb avenue for quilters to refine their artistry. Whether the focus is on intricate patterns or the simplicity of evenly spaced lines, they afford the quilter the chance to concentrate on a singular element or motif, thus elevating your quilting journey.



This quilt shows what a difference quilting makes with negative space. Learn more about this quilt [here](#).



Me and My Shadow by Vicki Ruebel of [Orchid Owl Quilts](#)

Negative space in Modern Quilting, allows Quilter's Imagination to run wild and free!

Doo Dah Collections

Please drop off Doo Dahs at Quilt Works in care of Pam before March 20th.

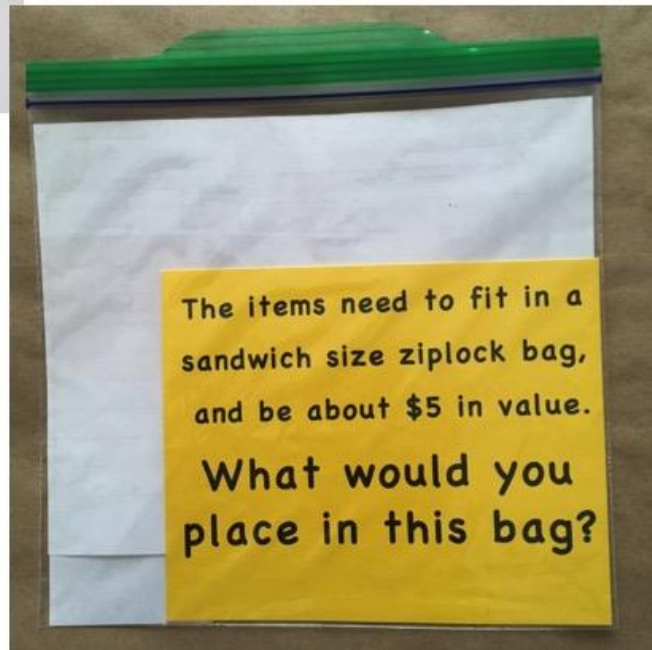


People will donate \$5 for each DooDah they choose. The more DooDah's they like the more money they will donate to Watermelon Mountain Ranch Animal Center.

New Mexico's Largest No-Kill Animal Shelter for Dogs and Cats.



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



Ann Silva is closing their store on 4520 Alexander Blvd NE at the end of February. Check out their many closeouts deal. 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
with any questions or to place an ad.

February - Beautiful Scrap Quilts

