

The Running Stitch

stitches bind us together

Newsletter of the Withlacoochee Quilters Guild Volume 38 Issue 1



From Our President, Chris Summers

How many of you have made a New Years resolution? Yet again (*sigh*) for at least the last 40 years, mine has been to lose a few pounds (*SIGH*). Not this year.

This year my resolution is going to be much more spiritual. I'm going to decide to be happy. Helpful tools:

Wake up in the morning and decide it's going to be a good day.

Cut way back on social media time, and don't watch the news.

Stop worrying about things that are beyond my control.

Lots more laughing.

Take a minute and appreciate the good things that happen every day.

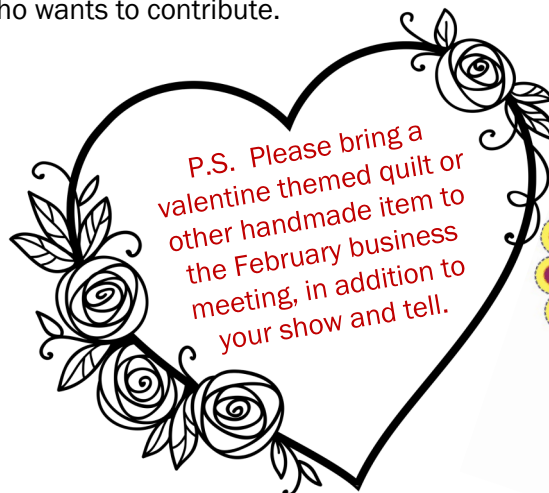
I know it's not going to be easy because I've been pretty grumpy for the last few years, but no one can change my attitude but me.

Whether you have made any plans for self-improvement this new year or not, I hope we can all find joy in our quilting, and fellowship with quilting friends. It has certainly brought a lot of fulfillment to my life.

My pet project this year is to make tote bags for the Forgotten Initiative program. It provides assistance to foster families in Thomas County. I have included directions for making these totes in this newsletter. This is just an easy quick bag. If you want to make one to donate and have your own pattern, by all means use it. We will be making kits as well, so these will be available to anyone who wants to contribute.

Love and stitches,

Chris



January 2023



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Withlacoochee Quilters Guild Meeting Minutes — January 9, 2023

The meeting of the Withlacoochee Quilter's Guild was called to order by President, Barb Linares.

January Birthday wishes were sent to Zella Fuller, Ceil Wagaman and Dianne Melendez

Minutes were approved: Jerry McGuffin moved to accept the minutes as written. Barbara Jordan seconded the motion. The motion was carried to accept the minutes as written.

Betty Johnson mentioned she didn't get the December newsletter. We will check her email address and resend. If anyone is having issues receiving the newsletter, please make sure your email address is correct on your membership form and check your spam or junk mail folders in your email account. Issues are sent to the same mailing list every month, so if you received the newsletter once, you should receive it every month.



Any changes in your contact information should be reported to Membership coordinator, Elsie Crane, who will let Christy Yates, the newsletter publisher, know to revise the mailing list. This keeps the most up-to-date information centralized with one person.

Committee Reports:

Treasurers Report: Joy Bass presented the treasurer's report as provided herein.

Withlacoochee Quilters Guild	
Treasurer's Report	
December 2022	
Balance Forward as of 11-30-2022	2721.87
Income	
Christmas Party	535.00
Membership	120.00
Sit & Sew	181.00
Total Income	836.00
Expenses	
Christmas Party	1190.00
President's Gift	150.00
Total Expenses	1340.00
Balance as of 12-31-2022	2217.87

The budget committee consists of all the board members plus 2 volunteers. Jerry McGuffin and Mary Boyd volunteered. The meeting will be held at Pinwheels at a date yet to be determined.



Community Projects: *The Forgotten Initiative* in Thomas County needs tote bags for foster children. Chris Summers made kits and provided directions for those interested in participating (see *newsletter for details*). Our guild did an outstanding job in our community outreach efforts last year and we are eager to see what members will embrace in the coming year.

Quilts of Valor is having a block drive at the national level. A pattern has been provided later in the newsletter for any wanting to participate. Make some for National organization and make some for our guild group. We have at least 3 award quilts to make in the near future.

Hospitality: 30 members were present: Patti McGuffin, Jerry McGuffin, Joyce Herrin, Judie Loveless, Damaris Lane, Connie Syford, Marsha Tyson, Barbara Lindner, Chris Summers, Elaine Taylor, Heather Dixon, Kathleen Haehnel, Pat Hall, Joy Bass, Margaret Bertucci, Lee Brooks, Dianne Dees, Hedy Parrish, Barbara Jordan, Barb Linares, Teresa Smith, Sandy Willis, Betty Johnson, Dianne Melendez, Grace Burmaster, Kathy Wynn, Diane Kelley, Ann Bussey, Mary Boyd, and Ann Hoover. We also welcomed a guest, Cruzetta Toland, Diane Kelley's mom. The door prize winners were Pat Hall and Connie Syford

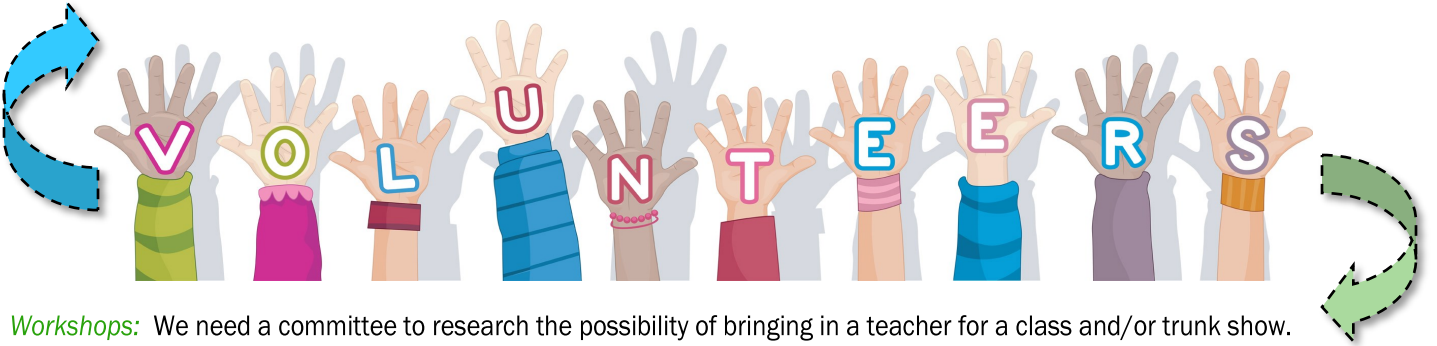
Membership: Kathleen Haehnel collected membership forms and money. Get your membership forms and dues in soon!

Retreats at Camp Weed: The spring retreat is scheduled for May 5-7, 2023 at Camp Weed in Live Oak, FL. Joy will begin collecting money for the spring retreat at the February meeting. If you would like to be the hostess(es) for the retreat, please consider volunteering. The fall retreat dates are tentative.



Dianne Dees showed her completion at the December meeting.
The new owner of the Round-To-It is Barbara Jordan!

Refreshments: The Board provided refreshments; please consider volunteering with some friends to provide future snacks.



Workshops: We need a committee to research the possibility of bringing in a teacher for a class and/or trunk show.

New Business:

Guild Quilt Show: The biennial guild quilt show is this year with a date yet to be determined. Be thinking of quilts to be hung in the show. Joy has never had to turn quilts away. Small quilt items are welcome too such as table-runners, wall hangings, etc.

Challenge Quilt: This year's challenge is called "Bucket List." The fabric pack and directions are available at the meeting for \$5. 18" x 24" minimum size and 24" x 36" maximum. Entries are due at the April meeting, and will be evaluated by an independent judge with the winner announced at the May meeting.



Program of the Evening: Chris Summers gave a demonstration of how to construct the tote bag pattern she supplied for participants of the Forgotten Initiative.

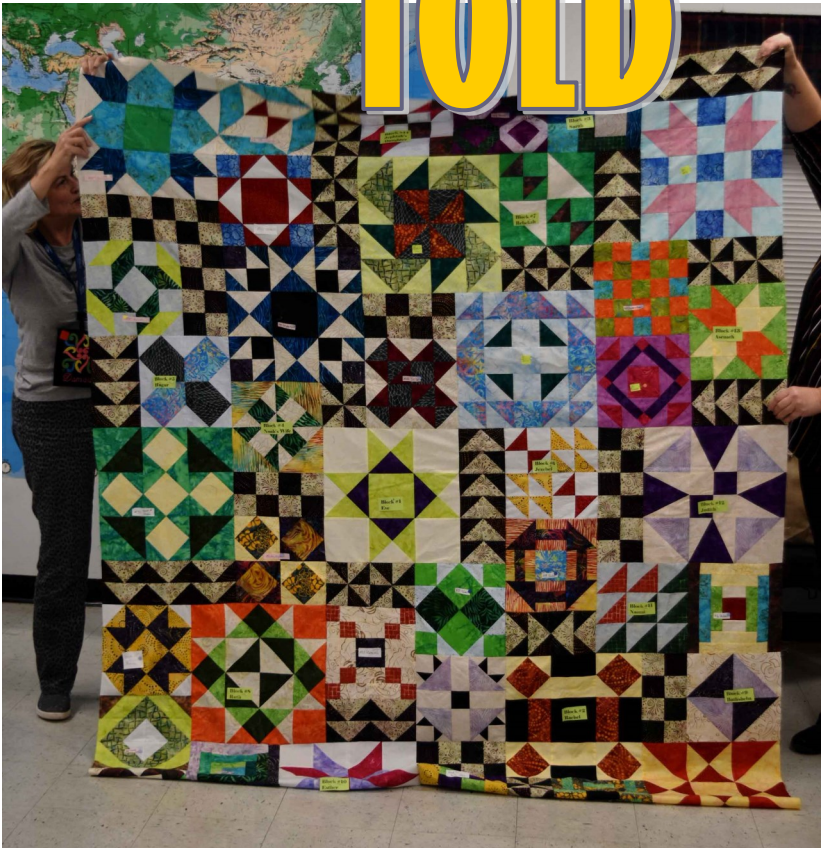
Show and Tell: The following members showed their work: Barb Linares, Dianne Melendez, Damaris Lane, Elaine Taylor, Kathleen Haehnel, and Marsha Tyson

The meeting was adjourned by President Chris Summers at 7:40pm

Respectfully submitted,
Barb Linares
Secretary



SHOWED *and* TOLD





Tote Bag Pattern for Use with Forgotten Initiative (provided by Chris Summers)

Fabric Requirements

2 neutral color rectangles 18" x 22" for the bag lining

Four 18" x 22" sheets of batting

Two 4" x 30" strips of batting

22 assorted colorful strips of fabric 2 ½" x 18"

½ yard fabric for handles and binding. Cut two strips 8" x WOF

Construction

1. Layer 2 sheets of batting to the wrong side of the bag lining rectangles. (I use a small amount of basting spray to hold layers).



#1



#2



#2

2. Starting at one side, place two strips of fabric, right sides together. Stitch along the edge through all the layers and flip the top strip over. Continue sewing and flipping until both bag panels are covered. Trim to straighten edges.

3. Cut each of the 8" strips down to 30". Fold each strip in half longwise and press. Open back out, right side down and fold the sides in to meet at the center fold line. Press and open out. Place the 4" batting in the center of the strip. Trim ½" off the short ends of the batting and fold the fabric over. Press. Fold the long edges of fabric back over the batting. Press. Fold again lining up the folded edges. Press. Stitch the folded edges together ¼" in. Top stitch the other long edge of the handle and both short ends. Repeat to make the second handle.



#3



#3



#3



#3

continued...

4. Cut the remaining sections of the 8" strips in to four 2 1/2" strips. Sew 2 strips together, making two strips of binding 2 1/2" x 24ish". Fold each section in half, right side out. Press. Line up the long end of a binding strip with the inside of the top of a bag section. Stitch together with 1/4" seam. Fold the binding over the edge, press to the front. Topstitch the binding down.



5. Attach the handles to the outside of the bag sections.



#5



#5

6. Cut 4 1/2" squares out of each bottom corner of the bag sections. Stitch the sides and bottom of the bag sections together, leaving the 4 1/2" sections open. Flatten the open section by matching the side seam to the bottom seam. Stitch. Repeat with the other opening.



Banana Split Cake Recipe

(almost as wonderful as having a friend volunteer to rip out a miss-sewn seam)

No bake banana split cake recipe is easy and always a hit. Layers of strawberries, pineapple and more topped with chocolate make this dessert so tasty.

Prep Time 20 mins	Refrigerate 4 hrs	Total Time 4 hrs 20 mins
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Ingredients

- FOR THE CRUST:
 - 2 cups graham cracker crumbs
 - ½ cup unsalted butter melted
- FOR THE CREAM CHEESE LAYER:
 - 12 oz cream cheese at room temperature
 - ¼ cup granulated sugar
 - 8 ounces Cool Whip
- FOR THE FRUIT & TOPPINGS:
 - 3 bananas sliced
 - 20 oz canned crushed pineapple drained well
 - 16 oz strawberries hulled and sliced
 - 8 oz Cool Whip
 - ½ cup walnuts chopped
 - Chocolate syrup
 - Maraschino cherries



Instructions

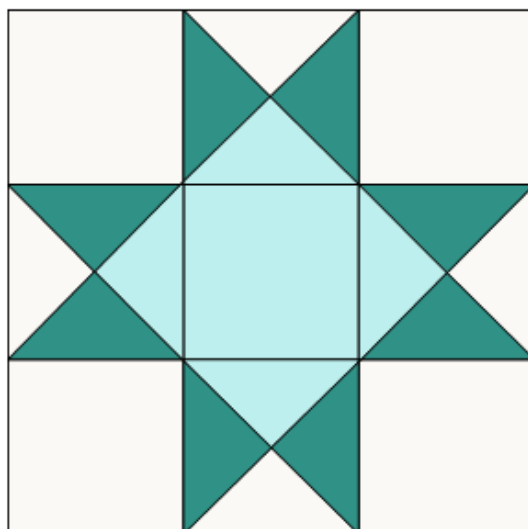
1. Grease a 9x13-inch baking dish; set aside.
2. In a medium bowl, mix the graham cracker crumbs and melted butter with a fork, stirring until all of the crumbs are evenly moistened. Dump the crumbs into the prepared pan and press into an even layer. Refrigerate while you prepare the next layer.
3. In a medium bowl, mix together the cream cheese and sugar on medium speed until light and fluffy, about 3 minutes. Using a rubber spatula, fold in the Cool Whip until thoroughly combined. Spread the cream cheese mixture on top of the graham cracker crust.
4. Arrange the banana slices in a single layer on top of the cream cheese filling, top with an even layer of the crushed pineapple, and then an even layer of the sliced strawberries.
5. Cover with the Cool Whip, smoothing the top. Sprinkle with the chopped walnuts, then drizzle with chocolate syrup and top with maraschino cherries. Refrigerate for at least 4 hours, or overnight. Leftovers can be stored, covered, in the refrigerator for up to 4 days.

Nutrition

Calories: 527kcal | Carbohydrates: 57g | Protein: 7g | Fat: 32g | Saturated Fat: 16g | Cholesterol: 77mg | Sodium: 284mg | Potassium: 464mg | Fiber: 4g | Sugar: 36g | Vitamin A: 974IU | Vitamin C: 39mg | Calcium: 136mg | Iron: 2mg



Free Block Pattern (provided by Chris Summers)



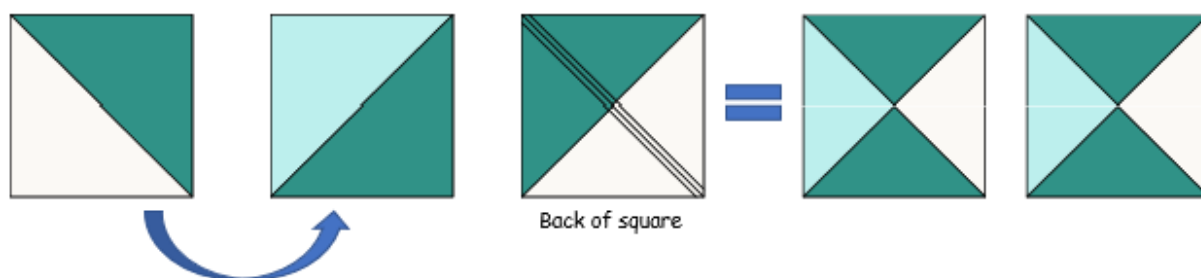
Cut

1. Background - four $4 \frac{1}{2}$ " squares and one $5 \frac{1}{2}$ " square.
2. Medium - one $4 \frac{1}{2}$ " square and one $5 \frac{1}{2}$ " square.
3. Dark - two $5 \frac{1}{2}$ " squares

Construction

Place a medium $5 \frac{1}{2}$ " square on a dark $5 \frac{1}{2}$ " square, right sides together. Draw a diagonal line. Sew a seam a scant $\frac{1}{4}$ " on each side of the line. Cut on the line to make two half-square triangle units.

Repeat the step with a $5 \frac{1}{2}$ " background square and the second dark square.



Use the diagrams above to make four quarter-square triangle units from the 4 half-square triangle units. Trim to $4 \frac{1}{2}$ ".

Use the picture above to construct the block. Makes one $12 \frac{1}{2}$ " block.

Split Back Star Block for Quilt of Valor (pattern courtesy of Kim DiJoseph via Barb Linares)



Pieces Needed for one 12" finished block

White:

1-4 ½" square 8-2 ½" squares

Red:

3-4 ½" square 1-5" square

Blue:

3-4 ½" square 1-5" square

Step 1: STAR POINTS

With 2 red and 2 blue 4 ½" squares, sew a 2 ½" white square to one corner. Cut ¼" off the sew line and press towards the white. Sew the 4 remaining 2 ½" squares to the other side of the color, cut ¼" off sew line and press towards the white. These 4 units will make your star points.



Step 2: HST's

With a 5" red and a 5" blue square. Place right sides together, draw a line diagonally and sew ¼" on each side of the line. Cut on the draw line and iron. Square both HST units to 4 ½".

continued...

Step 3: ASSEMBLE BLOCK

You will now have 9 squares, each measuring 4 ½". Assemble in 9 patch style to create your QOV Split Back Star.



About Our Guild

The Withlacoochee Quilters Guild is a non-profit organization for those interested in quilts and quilting. This guild was organized to preserve and promote the art of quilting. Monthly meetings are held on the second Monday of the month at 6:30 pm at Grace Bible Church, 401 East Park Avenue, Valdosta, Georgia. Guests are always welcome!

Dues, renewable by January 1st each year, are \$20 per year for

adults. Youth membership (ages 6-16) is \$10. After June 30th, dues are one half the regular fee for the remainder of the year.

Questions about the Guild? Please contact a Board Member.

Withlacoochee Quilters' Guild
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2023 WQG OFFICERS

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