

# The Running Stitch

*stitches bind us together*

Newsletter of the Withlacoochee Quilters Guild Volume 38 Issue 3/4



## From Our President, Chris Summers

Greetings Quilters!

I can't believe it's been five months! Things are getting easier. I know you past president ladies are snickering right now, but I'm a follower not a leader. I took on the job of president only because as a member of over 20 years I'd run out of excuses to turn down the job! Anyhoo, my confidence is building, I'm getting a certain amount of "I've got this." Oh contraire! Yesterday, I arrived at the church early. My first time without backup. Carried my stuff to the door and unlocked it. I went in and set down my purse and MY KEYS and went back out to grab my stuff. You guessed it, I was locked out but my keys were not. I did have my phone, so I frantically tried to think of who might have a key and did I have her phone number. (Thank you Floye Luke for talking me off the ledge.) After only a few minutes of self-flagellation, Dianne Melendez arrived with a key and everything was peachy keen. Thank you Dianne!

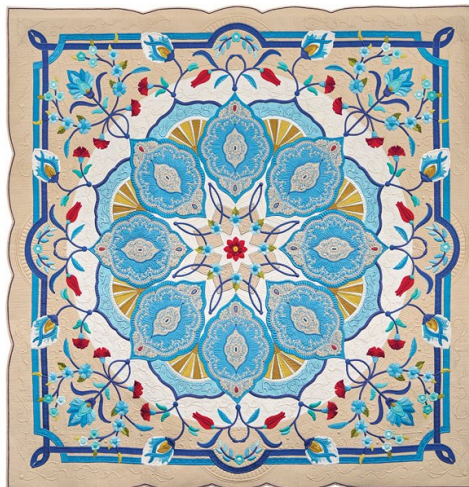
Some of you may know that Damaris Lane and I had the great fortune to go to the AQS International Quilt Show in Paducah, KY. It did not disappoint! The quilts were beyond fantastic! We took some wonderful classes from teachers I have admired for years (Marti Mitchell, Nancy Mahoney, and Kathy McNeill). I went to the National Quilt Museum and discovered an amazing quilter, Marilyn Badger, who I hadn't heard of before, and realized that I'm a person who will never appreciate "art" quilts. (They were ripple-y weren't even square! C'mon people!) And of course the piece de resistance, a trip to the hallowed halls of Hancocks of Paducah. Oh mama!

Thank you Sasha Sirmans for the wonderful program, and a big quilty hug to Ginger Valenti for giving all of us a \$10 off coupon to shop at Pinwheels!

Quilt on my Friends –  
Chris Summers, President



Quilt Path by APQS Judge's Award  
#1216 UBER  
Lois Thoe Wolfe & Barb Teerlinck  
Little Suamico, WI



Janome America Best of Show  
#807 SWEET MADAME BLUE  
Margaret Solomon Gunn  
Gorham, ME

## May 2023



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## Withlacoochee Quilters Guild Meeting Minutes — May 8, 2023

The meeting of the Withlacoochee Quilter's Guild was called to order by President, Chris Summers, 7:03pm.

*May Birthday wishes* were sent to Becky B, Barbara J, Loretta B and Henrietta T.

*Minutes:* Pat H. moved to accept the minutes as corrected. Jerry M. seconded the motion. The motion was carried to accept the minutes as corrected.

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. *Please note*, membership rolls have been updated and the newsletter is only being sent to active members, those with dues paid and membership forms completed, based on the email addresses provided on the membership forms.

### Committee Reports:

*Treasurers Report:* Patti McGuffin presented the treasurer's report as provided herein.

Withlacoochee Quilters Guild			
Treasurer's Report			
April 2023			
Balance as of 3-31-2023			2838.46
<b>Income</b>			
	Membership	165.00	
	Spring Retreat	1283.00	
Total Income			1448.00
<b>Expenses</b>			
	Community Projects	316.36	
	Quilt Show	37.85	
Total Expenses			354.21
Balance as of 4-30-2023			3932.25
Respectfully submitted,			
Joy Bass			

*Refreshments:* Refreshments were provided by Dianne D, Dianne M, Becky B, Kathleen H

*Hospitality:* 23 members were present: Patti McGuffin, Jerry McGuffin, Judie Loveless, Marsha Tyson, Barbara Lindner, Chris Summers, Elaine Taylor, Heather Dixon, Kathleen Haehnel, Pat Hall, Margaret Bertucci, Barb Linares, Sue Johnson, Ann Bussey, Vicki Fenstermaker, Christy Yates, Ann Hoover, Connie Syford, Dianne Dees, Dianne Melendez, Sandy Willis, MaryAnn Magee and Elsie Crane. We also welcomed a guest, Sasha Sirmans from Pinwheels Quilt Shop.

The door prize winner's were Sandy W, Barbara Lindner & Chris S.

Elsie Crane is the new owner of the Round-to-It.



*Membership:* Total membership at this time is 61.

### Community Projects:

**Not Forgotten Initiative** — Chris S. made up more kits for tote bags and they were distributed among members to complete. Judy Lovelace delivered 35 tote bags and 5 quilts, returning to share that volunteer Alex Martin was very appreciative to receive our donation (see photo to right).



We will be *awarding Quilts of Valor* at our July meeting.

Christy Yates spoke about *Victory Children's Outreach*, a Ugandan charity she supports and asked for help with making re-usable sanitary pads for teenagers. Members offered to assist and a pattern is included in the newsletter, kits will be available at the next meeting.



**Workshops:** We need a committee to research the possibility of bringing in a teacher for a class and/or trunk show –volunteers please contact Chris or Damaris!

**Name Tags:** Don't forget to wear your name tags. If you forget, add a quarter (or 2) to the bucket!

**New Business:**

**Retreats – Save the Dates!**

The fall retreat dates are October 13-15, 2023.

The spring retreat will be April 18-20, 2024.

The fall retreat next year is tentatively set for October 11-13, 2024.

**Guild Quilt Show:** The show is this year from August 3 thru September 16 at the Turner Center for the Arts. You can submit up to 3 quilts and the forms will be available at the June meeting. Quilts will be hung on August 1, 2023.

**President's Challenge Quilt:**

The winner's of the quilt challenge were:

1st: Christy Yates

2nd: Diane Kelly

3rd: Damaris Lane



**Program of the Evening:** Sasha Sirmans from Pinwheels Quilt Shop demonstrated a point turner tool and kindly distributed coupons for each attendee! She also gave a sneak peek of a quilt pattern/new fabric combination she was asked to contribute as a social media influencer.

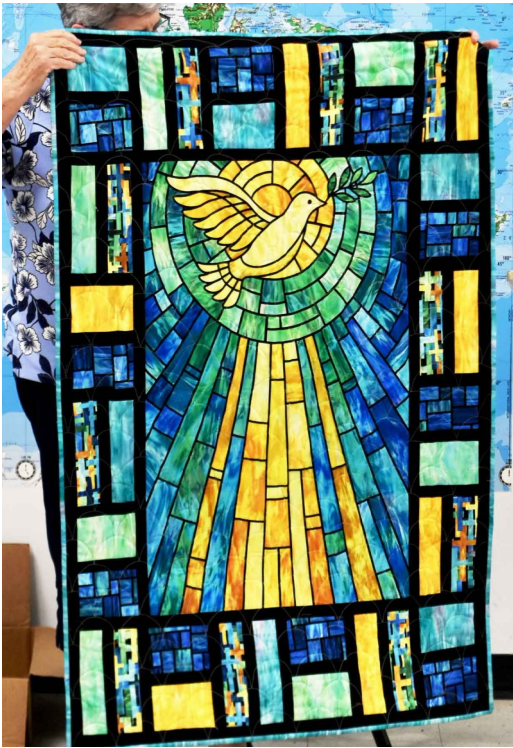


**Show and Tell:** Please see the Showed and Told photos on the next page.

**June Program:** The June program is sure to be filled with lots of giggles (and maybe a few groans)! It will be made up of members who bring their “ugliest” quilt. For more details, see page 6.

The meeting was adjourned by President Chris Summers at 7:50pm.

Respectfully submitted,  
Barb Linares, Secretary



# SHOWED *and* TOLD





## Quilting Keeps Us Young & Laughing (provided by Chris Summers)

Hello Quilters

My mother came to live with us in 2017. She had had a series of small strokes that led to the discovery of high blood pressure and atrial fibrillation. She was in excellent health but spent a lot of time over the next few years getting adjusted to the medication, a pacemaker and eventually a heart catheterization to put in stints. She felt really bad during this time and assumed that this was a condition that would end her life sooner, rather than later; hence the decision to not live on her own any more. Fast forward to 2023. She celebrated her 90<sup>th</sup> birthday and everything considered, she feels pretty good except for one thing; she's lonely and bored.

I think about this a lot. I don't think I would ever have this problem. I come up to my sewing room and my troubles get put on hold. I don't suppose anyone would say it was "free" therapy, but it is certainly a great bonus from something that I would do any way. A friend once asked me if I was still making quilts. I answered yes, and she said something that I'll never forget. Isn't it wonderful that when you retire and your children are gone, you have the time for your creativity to develop and a whole new world opens up! I wasn't just making a bunch of quilts, I was being creative! I was making art!

Anyway, I think my "art" will serve to keep me interested and entertained for as long as I live.

I have a neighbor who celebrated her 95<sup>th</sup> birthday this year and I ran into her a few weeks ago at, you guessed it, the quilt store. I hope I'm just like her!

- Chris

If you need a little laugh therapy...  
come see our **June program**,  
**The Ugly Quilt Contest!**

Or better yet, participate in it!

Your entry doesn't have to be made by you, or even owned by you. The more entries we have, the more fun it will be!

Here is one of the finalists Chris is bringing and she claims the picture looks better than the real life quilt!

Chris named this **Pepto Bismal Dismal**.



*Editor's note: Both beauty and ugliness may be in the eyes of the beholder, because I (Christy) kinda adore it!*

## Reusable Sanitary Pad Pattern

Many thanks to all who expressed interest in contributing to the Ugandan project, Victory Children's Outreach, by sewing reusable sanitary pads for the older girls who do not have access to disposable products. These contributions will ensure they can continue to go to school consistently each month, and maintain the hygiene and dignity necessary for good growth and development. Lindsey Rogers, the program coordinator is going to take any donations that are ready with her to Uganda on July 1, so I will be collecting them from the June 12th meeting and the Wednesday morning group on the 21st. After that, I will be sending them via mail to Uganda in a big batch from ones turned in at the July and August meetings. This is a short-term project, not a long-term guild effort.



Please join me in thanking the wonderful Wednesday group for their hard work on the first set of kits!

### Construction Notes:

**Materials:** All pads consist of 3 parts, Toppers, Backers, and Cores.

**Toppers** should be cotton flannel or soft cotton good quality quilt fabric, as this is what will go against the skin.

**Backers** should be anti-pill fleece (it's sold at Hobby Lobby if you do not already have it), as this is leak resistant, gives the pad it's form, and helps the pad cling to the undergarment.

**Cores** should be cotton and at least two layers (up to four) of a combination of terry cloth, flannel, or batting. We have used one layer of terry and one layer of flannel in our kits.

*Note: Closures will be done by plastic snaps on the wings. You do not need to provide those, Christy will add to the finished pad.*

### Video Available:

We are using a pattern by Courtney Lorenz. She also provides a YouTube tutorial if you are a visual learner and want a video reference. It shows the entire process, including cutting the pattern and materials (if you have a kit, fast forward to sewing).

<https://youtu.be/twjCYHQ2bdY>

### Patterns & Instructions:

If you have a kit, the instructions are included and are the same as what is on the next two pages.

If you are using your own materials, You will need the next three pages (8, 9, and 10). Page 10 is the actual pattern used to cut the materials. Please read instructions 1-5 on the left side of page 10 carefully BEFORE you cut out the paper pattern or your fabric. This pattern is a little different in that you will be tracing a SEWING line on the fabric, then cutting out around it to leave your seam allowance. You are NOT cutting on the line (see two photos to the left below).



If you have materials prepped, go straight to the next page and be sure to read the WQG love notes I've left to assist you!

Pretty soon, you'll have a pad just like the one on the right!



**WQG - If you have a kit, step one is done for you.**

trace the sewing line onto the back of the topper. Fabric markers or washable markers work well. For very dark fabrics, you can use a white gel pen. Just make sure it doesn't bleed to the front.



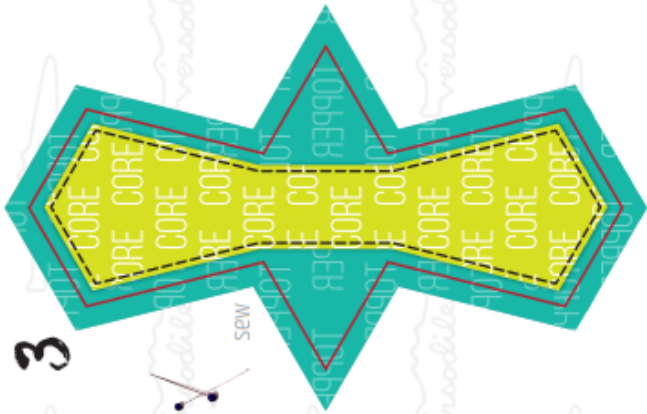
if you are attaching the core to a hidden layer, you can use a permanent marker

washable marker

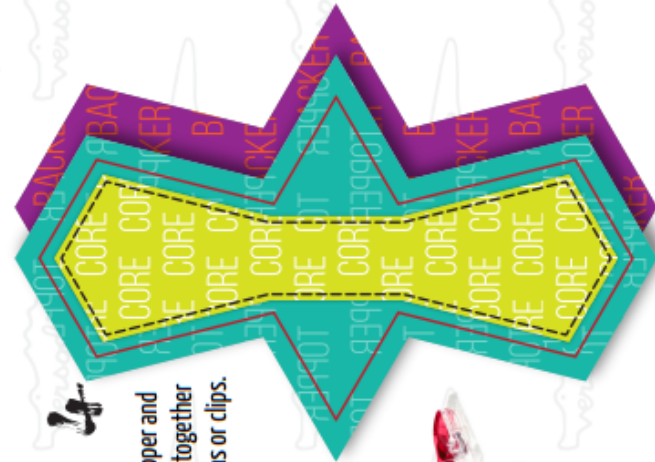


pin and sew core to back of topper

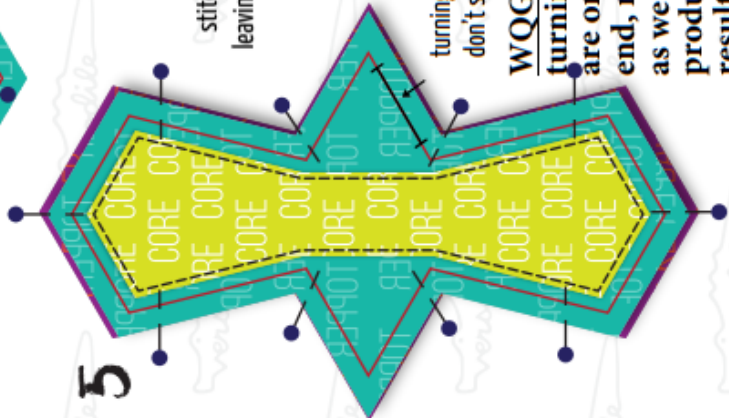
**WQG - Please place flannel core on top of terry.**



SEW



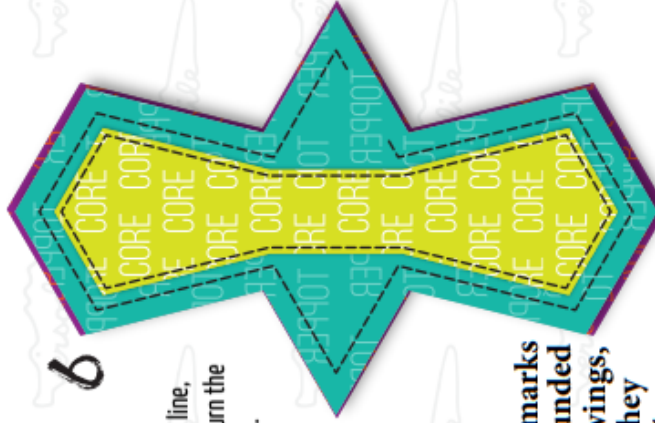
secure topper and backer right sides together using pins or clips.



stitch on the red line, leaving a hole to turn the pad through.

turning hole, don't sew closed

**WQG - Your turning hole marks are on the rounded end, not the wings, as we found they produced better results more easily.**

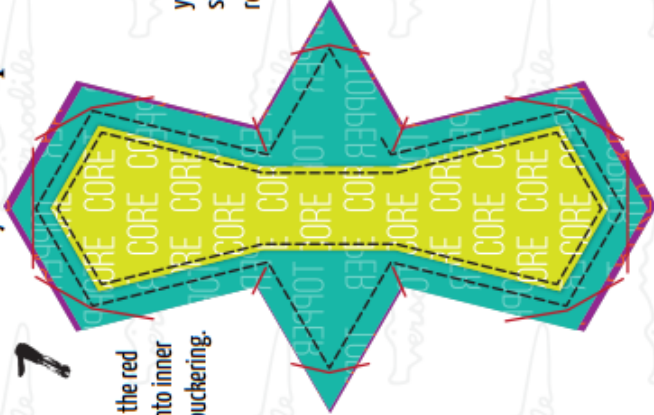




**WQG - Barb and Christy found steps 7 & 8 unnecessary using the rounded pattern; so feel free to finish with step 9 and 10.**

**7**

trim corners on the red lines and clip into inner corners to avoid puckering.

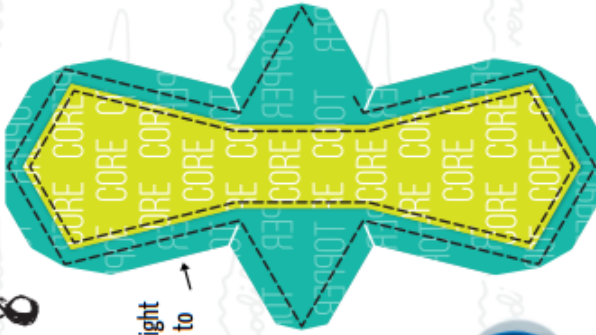


you can also trim the straight sides with pinking shears to reduce bulk in the seams.



pinking shears

**8**



turn right side out & press



if you are using a synthetic material like minky or althetic wicking jersey, use a low heat setting.

neatly tuck in flaps and iron flat

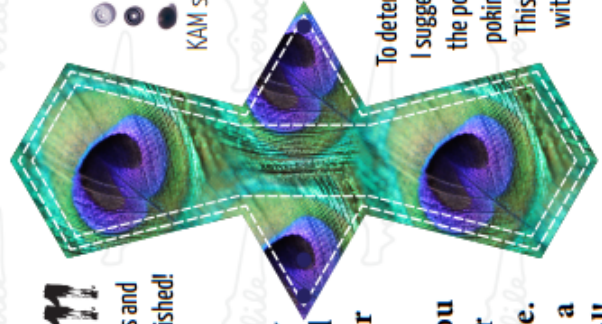
**10**

Topstitch around the edge of the pad. To avoid wavy edges, use a slightly longer stitch length.



**11**

Add snaps and you are finished!



**WQG - Christy will add snaps for you!**

**Thank you for your assistance. It means a great deal!**



awl

snap press



KAM snaps

To determine the best snap placement, I suggest folding the wings around to the position you want them and then poking the awl through both wings. This way, the holes are sure to line up without bunching or skewing the pad.



Optional: you can use color coded ribbon or snaps to mark the absorbency of your pads.

This line should measure 7 inches.  
Print "Actual Size" or 100% scale.

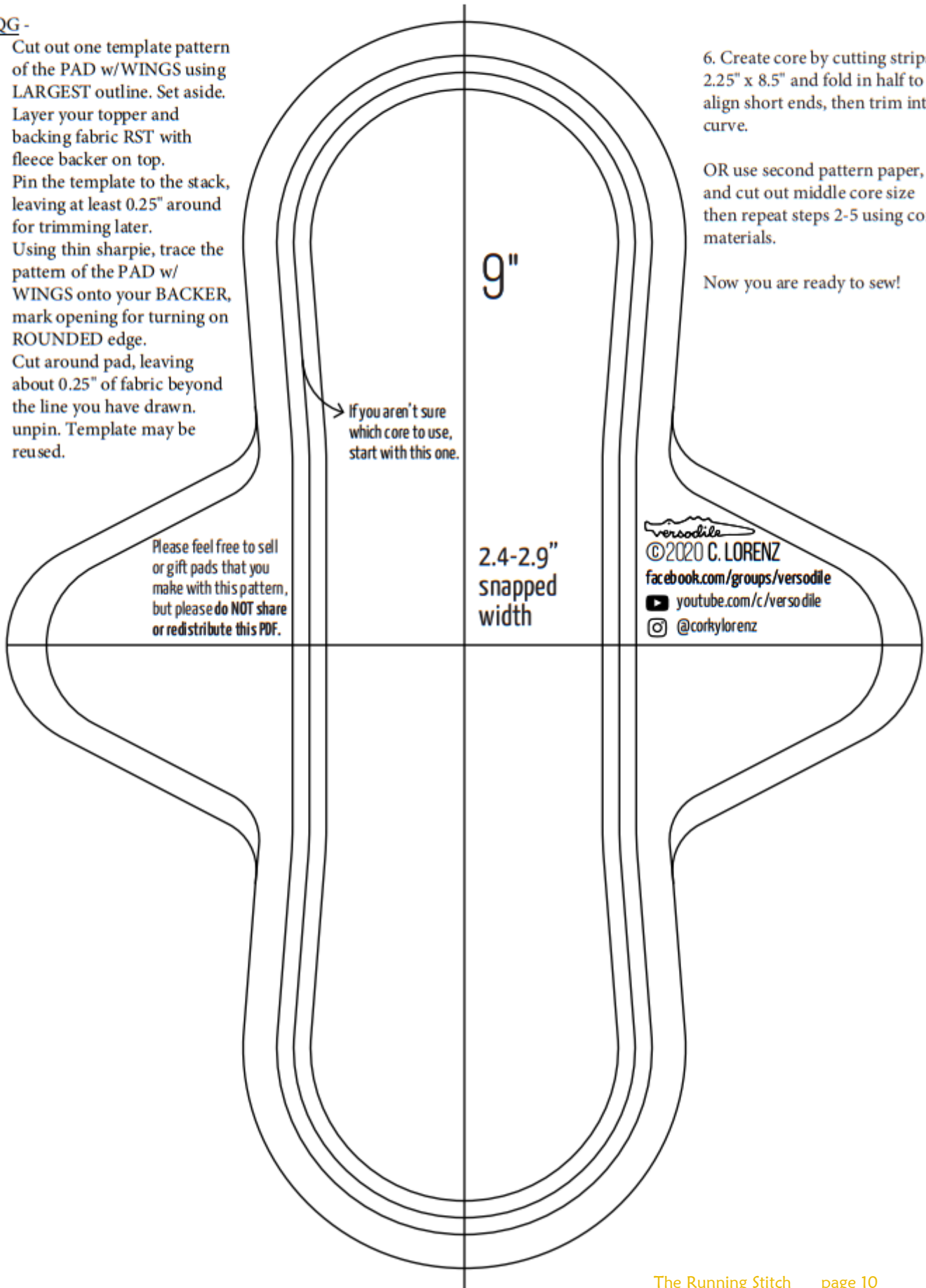
WQG-

1. Cut out one template pattern of the PAD w/WINGS using LARGEST outline. Set aside.
2. Layer your topper and backing fabric RST with fleece backer on top.
3. Pin the template to the stack, leaving at least 0.25" around for trimming later.
4. Using thin sharpie, trace the pattern of the PAD w/ WINGS onto your BACKER, mark opening for turning on ROUNDED edge.
5. Cut around pad, leaving about 0.25" of fabric beyond the line you have drawn. unpin. Template may be reused.

6. Create core by cutting strips 2.25" x 8.5" and fold in half to align short ends, then trim into curve.

OR use second pattern paper, and cut out middle core size then repeat steps 2-5 using core materials.

Now you are ready to sew!



Please feel free to sell or gift pads that you make with this pattern, but please **do NOT** share or redistribute this PDF.

If you aren't sure which core to use, start with this one.

9"

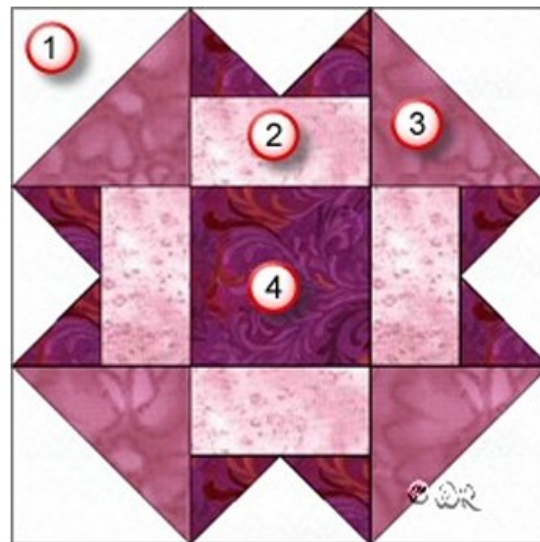
2.4-2.9" snapped width

*versodile*  
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youtube.com/c/versodile  
@corkylorenz

# Folded Corners

12" finished quilt block

**Note:** To achieve the effect of the "folded corners" in this quilt block you need to make sure that fabric 3 is a **medium** value fabric and fabric 4 is a **darker** fabric in the same colour family as fabric 3.

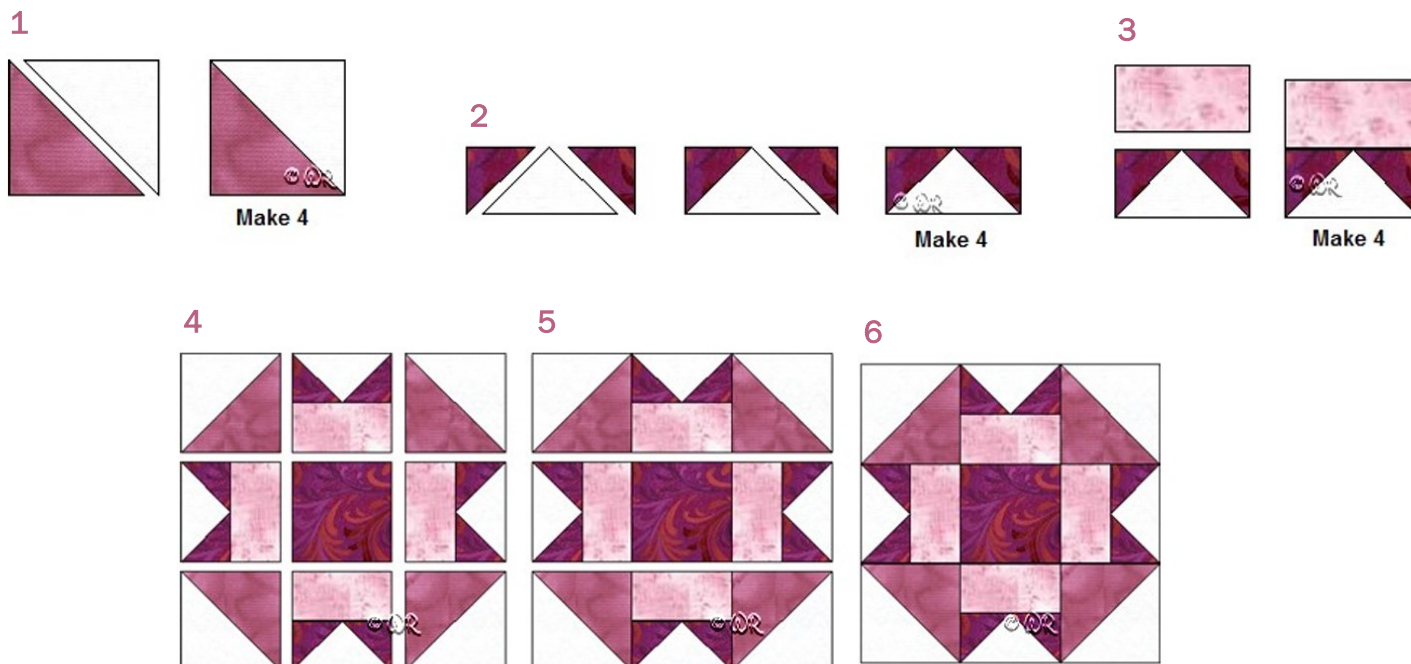


## CUTTING

How-to Notes	
	Bisect square on one diagonal
	Bisect square on both diagonals
*All seam allowances are 1/4" unless noted otherwise	

<b>1</b>		<b>Background fabric</b> Cut 2 squares 4 7/8" and bisect on one diagonal Cut 1 square 5 1/4" and bisect on both diagonals
<b>2</b>		<b>Fabric 2 (light fabric)</b> Cut 4 rectangles 2 1/2" x 4 1/2"
<b>3</b>		<b>Fabric 3 (medium fabric)</b> Cut 2 squares 4 7/8" and bisect on one diagonal
<b>4</b>		<b>Fabric 4 (dark fabric)</b> Cut 4 squares 2 7/8" and bisect on one diagonal Cut 1 square 4 1/2"

## ASSEMBLY




## Email Test— If you are reading this, that's a good sign!

I tested the emails provided in the most recent membership forms collected this year and awaited responses prior to sending out the newsletter so I could include the most up-to-date listing and give those who I have not yet heard from the opportunity to respond. Over half our current members responded YES, and 6 members had their emails bounce back to me with error messages. Below is a list of members who have not yet responded or whose emails bounced back to me (with their error messages included). If you happen to be on this list and are receiving the newsletter, great! You don't need to do a thing.

If you are one of the folks listed below (know one of them or see one regularly) please inquire if they are receiving the newsletter. If they are not, ask them to verify their email and if it is incorrect, please let Elsie Crane know so she can update the membership data, and Elsie will let me know too!

But if you are not receiving it, and you look at your email address and it is correct, then the problem is with your email provider (9 out of 10 times you have exceeded the storage limit and it won't let our large picture-rich file be sent to you). I wish we could do more to assist, but you will need to delete old emails, clear up some space, or call your provider to see if there are other issues.

Berry	Becky	baskets1992@hotmail.com
Brock	Loretta	lorettabrock1940@gmail.com
Brooks	Lee Michelle	LMPARRISH@yahoo.com
Brown	Deborah	ok2njoy@embarqumail.com
Burmester	Grace	gerryburn@sympatico.ca
Corbin	Brenda	corbin.c@mchsi.com
Eldridge	Lynn	lynn.eldridge@gmail.com
Green	Mary Joyce	no email
Grove	Kristi	grove.kristi@yahoo.com
Haehnel	Kathleen	no email
Hawkins	Patricia (Pat)	carolinapittypat@gamil.com
Herrin	Joyce	herbertherrin@bellsouth.net
Hitchcock	Pat	krzyqltrpat@mediacombb.net
Jennings	Bennie	willa302@windstream.net
Johnson	Betty	brjlj1215@yahoo.com
Johnson	Sue	suie@rose.net
Lane	Damaris	damsl@bellsouth.net
Liu	Susan	no email
Loveless	Judie	pipercub2014@yahoo.com
Luke	Michael	tmluke1010@yahoo.com
McCarty	Pat	patmccarty68@gmail.com
Melendez	Dianne	melendez_dianne@yahoo.com
Oldenwelder	Mary	need email
Parrish	Hedy	hedyp@windstream.net
Strand	Rhonda	rhonda.laluna@sbcglobal.net
Syford	Connie	conniesyford@msn.com
Traynor	Henrietta	traynorj@bellsouth.net
Tyson	Marsha	marsha.tyson6@gmail.com
Whidden	Pam	pjwhidden@gmail.com
Wynn	Kathy	kathywynn54@yahoo.com

 MAILER-DAEMON@yahoo.com <mailer-daemon@yahoo.com>  
To: cbcy@bellsouth.net

Sorry, we were unable to deliver your message to the following address.

<LMPARRISH@yahoo.com>:  
552: 1 Requested mail action aborted, mailbox not found

Sorry, we were unable to deliver your message to the following address.

<gerryburn@sympatico.ca>:  
550: RCPT TO:<gerryburn@sympatico.ca> User unknown

Sorry, we were unable to deliver your message to the following address.

<carolinapittypat@gamil.com>:  
511: sorry, no mailbox here by that name (#5.1.1 - chkuser)

Sorry, we were unable to deliver your message to the following address.

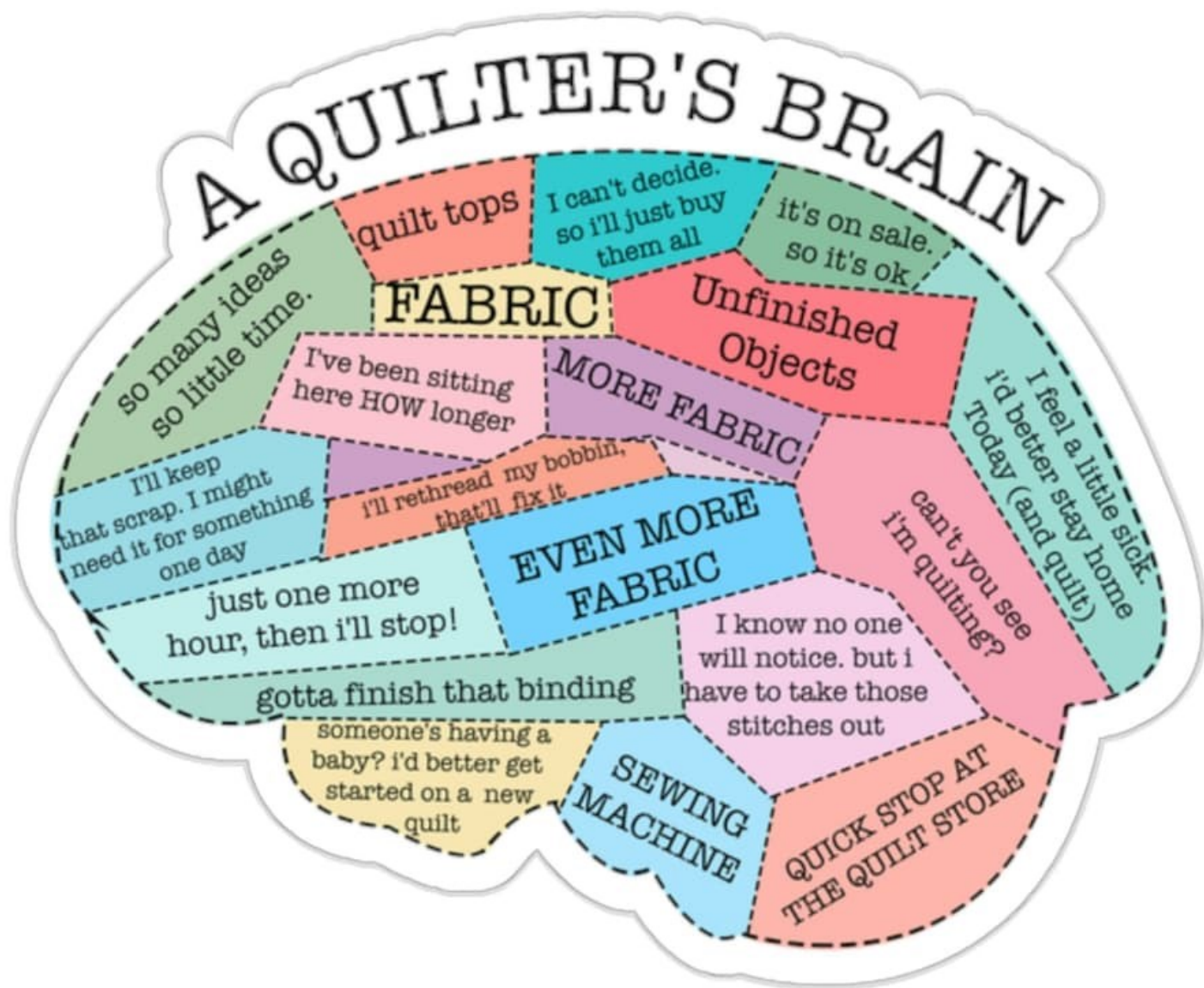
<krzyqltrpat@mediacombb.net>:  
550: 5.1.1 <krzyqltrpat@mediacombb.net> recipient address rejected

Sorry, we were unable to deliver your message to the following address.

<damsl@bellsouth.net>:  
550: 5.2.1 <damsl@bellsouth.net>... Addressee unknown, relay=[66.163.184.204]

Sorry, we were unable to deliver your message to the following address.

<pjwhidden@gmail.com>:  
550: 5.1.1 The email account that you tried to reach does not exist. Please try  
5.1.1 double-checking the recipient's email address for typos or  
5.1.1 unnecessary spaces. Learn more at  
5.1.1 <https://support.google.com/mail/?p=NoSuchUser> e8-20020a056102354800b00434314ffc55si4040915vss.797 - gsmtip



## 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 1<sup>st</sup> each year, are \$20 per year for

adults. Youth membership (ages 6-16) is \$10. After June 30<sup>th</sup>, 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  
PO Box 3262  
Valdosta, GA 31604

Newsletter Editor:  
Christy Yates  
cbcyc@bellsouth.net

## 2023 WQG OFFICERS

President  
Chris Summers

Vice President  
Damaris Lane

Secretary  
Barb Linares

Treasurer  
Joy Bass

Assistant Treasurer  
Patti McGuffin

Members at Large  
Pat Hall  
Kathy Singletary