CALVERT COUNTY QUILT GUILD
February 2024 NEWSLETTER

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Meetings: The guild meetings (second Tuesday of the month) start at 7:00 pm at **NEWLIFE Church, 3170 German Chapel Rd, Prince Frederick, MD.** The room opens at 6:30 pm for set up and social time. Please join us! Due to COVID-19 we had been meeting virtually via Zoom and will continue to offer that option.

Next Guild Meeting: February 13, 7:00 pm.

Next Board Meeting: TBD

March Newsletter Deadline: February 20.

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President's Message



Dear Quilting Friends,

Do you ever wish you had a fairy godmother? I can think of some things I might wish for. I need one to come into my sewing room, wave her magic wand, and turn all this fabric into wonderful quilts. Just "poof" and there they are! Not happening, but…

We have opportunities to identify with fairy godmothers this year. We can help young and old alike feel loved and supported.

We have already helped some nursing home residents with our wheelchair bags. This is an on-going opportunity to spread joy. Now a pretty wheelchair quilt will delight and keep legs warm.

Can you imagine not having a bed to sleep in? Sleep in Heavenly Peace (SHP) takes care of those. We can identify with a fairy godmother by making a pretty, warm, cuddly quilt to top a twin bed from SHP.

What a joy to bring a smile to a young person's face and to make them feel loved.

Karla

P.S. I just read that Disney parks no longer call them "fairy godmothers." They are "apprentices" to be more gender neutral. Somehow, it doesn't provide the same image or meaning to me.

Upcoming Programs and Workshops

February 13, 2024, 7:00 pm at NEWLIFE Church. Jackie Snyder, Volunteer Coordinator, and **Jamie Foster, Fundraising Manager, from Sleep in Heavenly Peace (SHP)** will tell us about the mission of their organization and how we can help through our community service projects.

March 12, 2024, 7:00 pm at NEWLIFE Church.



Beth Turner, a local physical therapist and quilter, will discuss ergonomic quilting practices that we can incorporate into our sewing spaces. She will also give exercise ideas for combating muscle fatigue from quilting.



April 9, 2024, 7:00 pm at NEWLIFE Church. Erin Grogan will present **"Finding your Quilty Identity".** This lecture dives into the discovery of who you are as an artist and quilter. Erin says she has met many wonderful quilters who aren't sure what they like. They only make quilts from kits or feel they must use what fabric is currently popular. There's nothing wrong with this approach if it brings you joy, but if you're looking to grow, this is the lecture for you. Erin breaks down the four different stages of a quilter and shares her process for finding the color palette that represents you.

April 13, Time/Location TBD. Renee Kiddy will be presenting a workshop on three ways to do hand appliqué. **Details on the following page.**



May 14, 7:00 pm at NEWLIFE Church. Cyndi McChesney, author of "Fun with Panels" and "Playful Panel Quilts", will discuss the process of using panels in various ways. Cyndi shows you how to take that panel you love and turn it into something truly unique. She explains how to work with the different styles of panels and how adding interesting block treatments and borders and filling those pesky open spaces with patchwork or appliqué results in a truly special quilt.

May 15, Workshop with Cyndi McChesney in the Theater Room at NEWLIFE Church. Set up at 9:30 am, Workshop at 10 a.m. The workshop will be limited to 18 participants and each participant is required to purchase either "Fun with Panels" or "Playful Panel Quilts". She will bring books to purchase, or you can buy them ahead of time on Amazon. **The Supply List can be found on page 4.**



February Birthdays

Tammy	Tilghman	February 2
Hilke	Hoefer	February 8
Elizabeth	Cranford	February 24
Julie	Trollinger	February 24

Of Special Note

Condolences

Condolences to the family of former member **Joan Morgan** who passed away on December 26, 2023. Joan was also the owner of a quilt shop in Waldorf called The Pin Cushion.

Library Sew-Ins

Listed below are the upcoming sewing sessions. You can come for all or a part of any session. The purpose is to work on guild or personal projects and to socialize. Questions? Call Hilke.

Fairview Library - Owings

Friday, February 9, 12-5 pm; Large Room. *This is a wheelchair quilt workshop led by Sharon Burns.*
Friday, February 23, 12-5 pm; Large Room
Friday, March 8, 12-5 pm; Large Room

Prince Frederick Library

Wednesday, February 14, 12-5 pm; Room 1
Friday, March 15, 12-5 pm; Room 1
Thursday, March 28, 12-6 pm; Room 3

Please note: this is a hand applique workshop so no sewing machines are needed.

It's HAND Appliqué Three Ways

1. Needle-turn/Raw Edge

2. Reverse Appliqué

3. Dryer Sheet

Supply List for April Workshop

Thread matching your applique fabric, not your background.

16 x 16 in. background fabric. White or off-white, no tone-on-tone.

Needle - what you are comfortable holding.

Pins – No large head pins. They make small applique pins, but they are not necessary.

Small sharp scissors and old scissors for cutting plastic templates.

FriXion marking pen.

Thin sharpie marker.

Fabric for hearts – ¼ yard. Edge to edge – not a fat quarter.

Something for note taking.

Six-inch square of fabric – any color.

One 2 ½ X 6 inch strip of fabric, folded in half wrong sides together and pressed.

Note: A couple of irons, but one for each student not needed.

CEDAR RIDGE QUILTING

Home of award-winning quilter and teacher **Cyndi McChesney**

Panel Palooza Workshop
Supply List

Book – *Fun with Panels* by Cyndi McChesney, C&T Publishing – available for purchase from instructor as well as *Playful Panel Quilts.*

Panel – of course! Bring a panel(s) you would like to work with – any style is great.

Single frame panels are great and we can work with those of course as there is a lot to learn about using one of those, but if you want to challenge yourself, choose a panel with several different sized sections for a more challenging design process.

Graph paper – four squares per inch - Bienfang Designer Grid Paper Pad, 4x4 Cross Section, 17 x 22 inches, 50 Sheets (suggested) is available from Amazon

Mechanical pencil

Calculator

Office ruler (not a rotary cutter ruler – school rulers are perfect)

Design surface or portable design wall (optional)

Camera or cell phone with camera feature

Books or magazines or other sources for lots of block ideas

iPad or laptop for design inspiration

Scrap paper for rough sketching of ideas as well as doing math and taking notes.

Colored pencils –optional

Coordinating fabrics - optional

Rotary cutter, ruler and mat

Spray starch, Best Press or Sizing and H2O spray bottle

It is unlikely we will get to the sewing aspect of this project as this is primarily a how-to, design, tips and techniques workshop so feel free to leave your machine at home!

Calvert Quilt Guild Meeting Minutes

January 9, 2024

The January guild meeting was cancelled due to inclement weather. The scheduled speakers from Sleep in Heavenly Peace have been rescheduled for February 13.

The January Block of the Month (Cat Blocks) can be submitted at the February meeting.

If you have quilting supplies to donate to the quilting ministry at Maplewood Reformed Church, (see page 6 of the January 2024 newsletter) Marlene Diehl can collect them at the February meeting.



Discover the surprising health benefits of quilting! Did you know that this age-old craft isn't just about creativity and cozy blankets? Here's why quilting is a fantastic boost for your well-being:

Stress Relief: Dive into the world of quilting to unwind! The rhythmic stitching and focus required can help lower stress levels, promoting relaxation and a sense of calm.

Mental Agility: Engage your brain and boost cognitive function! Quilting involves planning, problem-solving, and creativity, keeping your mind sharp and agile.

Emotional Wellness: Create something beautiful and feel a sense of accomplishment! The act of quilting can enhance your mood and self-esteem, providing a therapeutic outlet for self-expression.

Fine Motor Skills: Improve coordination and dexterity! The precise movements involved in quilting can enhance fine motor skills, benefiting hand-eye coordination.

Community & Connection: Join a vibrant community of quilters! Engaging with others who share your passion can foster friendships, social connections, and a supportive network.

Embrace the art of quilting not just for its gorgeous end products but for the incredible health perks it offers. Start stitching and experience the joy of creating while nurturing your well-being!



Cat Block

Each block makes a 12 ½" unfinished block.

Calvert County Quilt Guild
Block of the Month
January 2024

All seams are ¼" allowance.

Directions by Marlene Diehl





Background – light, cream
- cut one 2 ½" x 6 ½" rectangle
- cut one 6 ½" square
- cut one 2 ½" x 2 ½" square

Focus – medium/dark cat color
- cut two 2 ½" x 2 ½" squares
- cut one 4 ½" x 6 ½" rectangle
- cut one (1) 6 ½" x 12 ½" rectangle

Cat Directions

1) Right sides together, lay a 2 ½" focus square on each end of the 2 ½" x 6 ½" light piece. Mark diagonally from the inside bottom edge to the top outside edge on each small square. See Figure 1. Sew ON the diagonal line. Press to the dark. Trim the underneath fabric. This piece makes the ears of the cat and measures 2 ½" x 6 ½."

2) Sew the 4 ½" x 6 ½" focus piece to the bottom of the unit made in step 1. This piece is the cat's head and measures 6 ½" x 6 ½". See Figure 2.

3) Sew the 6 ½" light square to the right side of the unit made in step 2. Press to the dark. This piece measures 6 ½" x 12 ½". See Figure 3.

4) Lay the 2 ½" light square on the upper right corner of the 6 ½" x 12 ½" focus piece. Mark a diagonal line from top left to bottom right on the small square. Sew ON the line. Press to the dark fabric. Trim the underneath fabric. This is the body of the cat. See Figure 4.

5) Sew the unit made in step 3 to the unit made in step 4. Press seam down.

6) Trim block to measure 12 ½", if needed.

Figure 1	Figure 2	Figure 3	Figure 4
			