

### Executive Board 2023

**President**—Phyllis Schrag,  
phyllis\_schrag@mediacombb.net

**Vice-President**—Kathy Jones;  
kmjones@iastate.edu

**Secretary**—Shawna Saad,  
ssaad@iastate.edu

**Treasurer**—Kate Hardy,  
khardyquilt@gmail.com



## Explore Color with Laura Anspach

Thursday, August 24, join your fellow quilt enthusiasts to explore color as it relates to quilt making. Laura Anspach has an eye for color and will explain how color impacts our lives. She will teach us how different colors elicit different emotions and can even affect behaviors. Laura's program provides additional insight into color selection for quilts and how color choices reflect our personalities.

Other than 13 months as a German exchange student, Laura Anspach has lived in Iowa her entire life. Most of her younger years were spent in Ames and Iowa City. She spent most of her career as a school nurse with the Des Moines Public School System.

Laura's sister introduced her to quilting. She is hooked on life-long learning and loves playing with color.

As we approach a new school year, remember back to that new box of crayons and how excited you were to use them. After this program, you will be just as excited to play with fabric colors.



**Thank you for the delicious snacks at the July meeting:**

Monica Howard Martin  
Beth Karabee  
Gail Wiebke  
Diane Rupp



**Snack Providers for the August meeting are:**

Donna Buchwald  
Kathy Glatz  
Beth Harris  
Barb Hedberg

### Monthly Meetings

Held the 4th Thursday  
First United Methodist  
Church  
516 Kellogg  
Ames, Iowa  
(except Nov./Dec.)

**6:00 pm  
Social w/Snacks  
6:30pm  
Meeting**

Mask use at the discretion of attendees.

**Reminder:** Wear a name tag, check out the library, and bring something for Show & Tell.

### Committees 2023

#### Projects and Activities

Sheila Arney  
Ramona Tapper

#### Communications

Kathy Jones-Facebook  
Sharon Boen-Email Blasts  
Pam Geringer-Newsletter  
Coordinator  
Steve Huffman-Web  
Master, Sound

#### Hospitality

Barb Holst

#### Programs & Education

Kathy Glatz  
Kathy Jones  
Gloria Sampson

#### Membership

Marge Fitzgerald  
Susan Fraser

#### Small Groups

Marge Fitzgerald

### Newsletter Submissions

Due the 10th of each month;  
email to  
Phyllis Schrag,  
phyllis\_schrag@mediacombb.net.



**Holiday Stockings  
for Soldiers are  
due at the August  
meeting.**

**Ames Quilt Guild  
Yearly Dues  
renewed in January  
\$40.  
Dues are \$20 for those who  
join after July.**

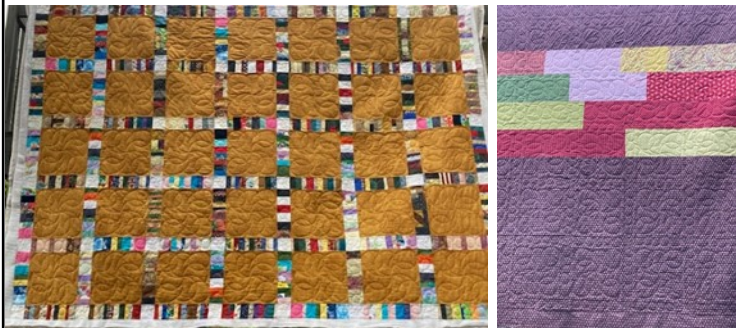


# Giving

Sleep In Heavenly Peace
Orphan Blocks
Orphan Grain Train
Quilts of Valor

## Look what your 3.5" x 12.5" strips made!

Using your donated strips and combining them with 12.5" rust-colored squares, here is the latest quilt to be donated. Thanks to your sewn donation strips, all it needs now is binding and a label. Notice the backing has been extended using the remaining "jelly roll" pieced during the recent Charity Sew-In. The good we do together far outweighs the good we do alone.



## We will continue to accept quilt block donations throughout 2023

For a number of great causes:

- ◆ 10.5" blocks & orphan blocks for charity quilts.
- ◆ 12.5" blocks for Quilts of Valor. No specific design, but patriotic fabric/colors would be best (though not necessarily just RWB).
- ◆ 3.5" X 12.5" blocks: used to make quilts for Sleep in Heavenly Peace.



Keep those blocks coming!



**We are Expecting!**  
For Mary Greeley Hospital NICU

## Cravings, desires, and hankerings!

Are you craving dill pickles, ice cream, and chocolate? That is a common desire among pregnant women in their last months before the actual birth. Whether or not that is your particular hankering, please remember that the baby quilt challenge delivery date is the September guild meeting- pieced, quilted, and bound.

**Delivery date is the September guild meeting.**

- |                 |           |
|-----------------|-----------|
| Best size       | 36" x 40" |
| No smaller than | 36" x 36" |
| No larger than  | 40" x 45" |



**Save those toiletries for YSS Donations**  
(youth services)



*As ye sew, so shall ye rip.*

**PLEASE TAKE ADVANTAGE OF OUR LENDING LIBRARY.**

**THERE ARE SO MANY GREAT BOOKS WITH PATTERNS, IDEAS, AND INTERESTING CONCEPTS FOR QUILTERS TO USE.**

## 2023 AQG Programs

Aug. 24, 2023  
**How Colors Affect You,  
What Science Reveals**  
Laura Anspach

Sept. 28, 2023  
**2000 Quilts Later**  
Dorothy Faidley

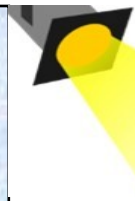
Oct. 26, 2023  
**What is a Modern Quilt?  
The Myths and the Magic**  
Carole Lyles Shaw  
(ZOOM Presentation)

Dec. 7, 2023  
**Holiday Potluck & Fun**

## Membership Update

As of the July AQG meeting, we have **62 paid members**.

Guests have been attending, and they clearly are potential members.



## AQG New Member Spotlight

### Barb Herrstrom



I've been married to my husband Bob for 52 years this summer. We live on a farm between Boone and Ames and we have 3 children and 6 grandchildren. We farm with our son's family so we have been blessed to watch two of our grandkids grow up, living only ½ mile away. Our two youngest grandkids live 3 hours away and our two oldest are out of school and in the working world.

I retired from the Farm Services Agency (Boone county) a few years ago and started quilting in earnest after I retired. My mother took up quilting later in life and taught her grandkids to quilt. Although she didn't really teach me, I learned a lot under her guidance.

I enjoy trying out new patterns, and I love the fabric! My favorites are batiks, and I have quite the stash that I keep adding to! The variety of patterns seems endless. I always enjoy seeing what other people do with patterns and fabric. I usually work on quilts in the winter, and I refinish furniture in the summer for my creative outlet. During the winter, I especially appreciate working on quilts because it keeps my mind active and gives me something to do.

One tip that I got from my mother is to always cut the binding before cutting out the pattern pieces because that way you will never run out of fabric for the binding.

### Thinking and Planning for 2024 AQG Committees



Several of our members have responded to the call for volunteers for 2024 committees. Most of our committees have been filled for 2024. Thank you!

Two remaining open positions are the newsletter and activities. Please consider in what ways you might assist.

## 2023 AQG Special Events

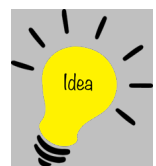
Details to be announced in newsletter articles.

**Sept. 15, 2023,**  
9am-8pm

**Sept. 16, 2023,**  
9am-5pm

**AQG Retreat**  
Mended Hearts  
Quilt Shop  
(Ellsworth, IA)

**October 13, 2023**  
9am-3pm  
**Tour of ISU's  
Apparel, Events,  
Hospitality  
and Management Dept.**  
(ISU)



Have an idea for  
an  
**AQG Program?**

Send it to:  
**Kathy Glatz,**  
kathyglatz1@gmail.com

## Treasurer's Report

July 2023  
Balance Forward:  
\$5,372.31  
Income: \$625.00  
Expenses: -\$398.92  
Ending Balance:  
\$5,598.39

## Current Events

### WELCOME HOME A CELEBRATION OF HOUSE QUILTS

Curated by Julie Silber  
June 20—September 10  
Iowa Quilt Museum  
68 E Court Avenue  
Winterset, IA  
515.462.5988  
director@iowaquiltmuseum.org

### IOWA STATE FAIR

August 10—20  
Grounds: 8:00 AM—Midnight  
Buildings: 9:00 AM— 8:00 PM  
3000 East Grand Ave  
Des Moines, Iowa 50317  
Admission (Ages 12+): \$16  
<https://www.iowastatefair.org/>

### GARDEN QUILT SHOW REIMAN GARDENS

Iowa Quilters Guild  
August 25 – 27  
10 AM - 6 PM Friday & Satur-  
day  
10 AM to 4:30 PM on Sunday.  
<https://www.reimangardens.com/event/garden-quilt-show-15/>

### FRANKLIN GENERAL HOSPITAL AUXILIARY QUILT SHOW FUND- RAISER

August 26  
9:00 a.m. - 4:00 p.m.  
Franklin Wellness Center  
1514 Central Ave. E.  
Hampton, Iowa  
Admission: \$10.00

### DMAQG ANNUAL QUILT SHOW

September 21 - 23  
9 AM -5 PM  
4-H Building, Iowa State Fair  
Grounds, Des Moines, IA  
3000 East Grand Avenue, Des  
Moines, Iowa, 50317  
<https://dmaqg.org/quilt-show/>

### AQS QUILT WEEK

September 27—30  
Iowa Events Center  
730 3rd St.  
Des Moines, IA 50309  
<https://www.americanquilter.com/quiltweek/event/landing/eventid/>

## AMES QUILT GUILD'S QUILTING RETREAT THERE'S STILL TIME TO REGISTER FOR TWO DAYS OF UNINTERRUPTED QUILTING JOY

at Mended Hearts, Jewell, Iowa.

- ◆ Friday, September 15 (9:00 a.m.-8:00 p.m.)
- ◆ Saturday, September 16 (9:00 a.m.-5:00 p.m.)

**Registration: Reserve your spot now.** The registration form was emailed to members in June. If you did not receive it, contact [Gloria Sampson at 515-450-1143](mailto:Gloria Sampson at 515-450-1143) or [solyst@aol.com](mailto:solyst@aol.com).

**Retreat information: You bring** sewing machine, supplies, your favorite drink (please no cups without lids) and snacks if you wish. Work on your own projects while enjoying the company of other quilters. The **quilt shop will provide** irons, ironing stations, cutting stations, extension cords, trash bags, tables and chairs. There is a full kitchen which includes refrigerator, stove and microwave. The shop will remain open during retreat hours for our quilters.

**No meals are provided** so please plan accordingly. There is a Subway and Hardees nearby.

Attendance is limited to 18 quilters per day to ensure plenty of space in the work room. Registration will be accepted on a first come/first serve basis for paid members until filled. We will maintain a waiting list.

**Refund policy: Full refund up to 14 days before the retreat, after that your reservation is non-refundable.**



## Interest in an AccuQuilt™ Small Group?

Kathy Glatz would like to see if there is any interest in having an AccuQuilt™ small group. If interested, please let her know by emailing her: [kathyglatz1@gmail.com](mailto:kathyglatz1@gmail.com).

## AQG CHARITY SEW-IN



More pictures on the next page.

# AQG CHARITY SEW-IN



In an increasingly uncertain and uncomfortable world, it helps to remember that there are still soft blankets and warm mugs and kind friends and good people - so many REALLY goodhearted people who want the future to be better. If nothing else, take hope in that.

Nanea Hoffman

wordables.

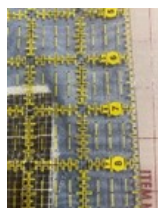
## TIP CORNER

### Wrap Around Binding

1. Trim Away Batting from Quilt



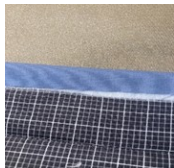
2. Cut backing to square up the edges to 1.5" on all four sides.



3. It will look like this.



4. Fold in half way and steam press all four sides



5. Then, fold in the other half of the backing and steam press all four sides in place.



6. For best results use your walking foot for final stitching in place.



## President's Corner

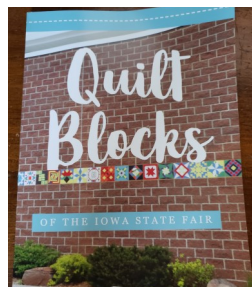


Last month's meeting was truly a hot July night, but we had a cool time at the Ames Quilt Guild meeting. We celebrated with a PowerPoint™ presentation showing the quilt making work teams and the progression in making the Sew-In quilts. I am so very pleased with the number of people who participated in the planning and assembling of the quilts for Sleep in Heavenly Peace. There was a minimum of 4 and a maximum of 7 members sewing at one time; average attendance was 10. The PowerPoint presentation truly showed how many hands worked together at the first ever Charity Quilt "Sew-In" on July 12, 2023 at the Briardale Square Community Room.

The goal was to make as many 70"X90" quilt tops in one day as possible using 8 ½ inch strips and the "jelly roll" concept. It took planning, organization, and willing workers. The room was set up with several stations for sorting, cutting, pressing, sewing, and bundling tops and backings together. The results were 9 quilt tops and 5 quilt backs bundled together for quilting. Several volunteers took fabric home to sew and brought 4 more sewn tops to AQG for quilting. After that event, 6 boxes of fabric were donated to the Gilbert Lutheran Church where they make quilts for an international charity.

At our July meeting, all the quilted tops were taken home by volunteers who will bind them. Rumor has it that Ames will have its own chapter for Sleep In Heavenly Peace later this fall. With this donation, they will have a very good supply of quilts to give with each bed delivered. Thank you all! I am proud of you!

## From the Quilting Bookworm



And now for something a little different. In 2009 Iowa quilters were asked to create "county" quilt block designs to be placed on the exterior of Jacobson Exhibition Center on the Iowa State Fair grounds. 10 years later these designs were turned into a book, *Quilt Blocks of the Iowa State Fair*. It is currently being sold at the Fabric and Threads exhibition in the Varied Industries building, among other places. As requested, all the designs are linear geometrics, mostly worked in bright colors. In addition to a picture, each pattern page includes a cutting chart and concise, but clear block assembly instructions (mostly joining squares, rectangles and/or triangles). Template or foundation piecing patterns are included for the few more advanced patterns that call for them. There are also a couple of sample quilt layouts (no, they don't use all 102 blocks). Please consider supporting Fabric and Threads. This book is not yet in the guild library, but it will be as soon as I drop it off.

**Until next time- QB.**

### Tips Welcome!

Do you have a favorite tool, technique, re-purposing trick, product or resource that improves your quilting? We want to hear about it and share it with the guild in our newsletter. Please write a brief description of your tip, include pictures if possible and send it to Phyllis Schrag at [phyllis\\_schrag@mediacombb.net](mailto:phyllis_schrag@mediacombb.net). Member tips will be published in the Ames Quilt Guild newsletter beginning in January 2024.

# AQG MEMBERS CREATE, TEACH, SHARE & GIVE JOY



## Schrag To Speak During The Great Wisconsin Quilt Show

AQG President, Phyllis Schrag, is listed among the faculty at the September 7-9, 2023, Great Wisconsin Quilt Show in Madison, WI. She will provide 2 daily lectures, the first at 1 pm on “Oh, Those Pesky Scraps!” and the second at 4 pm on “Modern Quilt Patterns from Ancient Mosaics”. The Alliant Energy Center is the site of this annual event sponsored by Wisconsin PBS and Nancy Zieman Productions. Additionally, Phyllis will be the guest speaker at the greater Wisconsin Quilt Guild meeting earlier that week. Congratulations, Phyllis.

## Stash Dispersal by Vice-President, Kathy Jones

As you look over your quilting “stash”, you may realize that there is no way that you could ever finish enough projects to use up everything you have collected over the years. Have you thought about what to tell your family to do with your fabric, your batting, sewing machines, and sewing supplies?

During my time as Iowa Coordinator for Quilts of Valor, I have received many contacts from children of quilters who are in the process of gifting quilting resources to groups in a manner that is consistent with what the quilter specified or would have wanted. After determining the location of the donation, I find the nearest QOV group and determine whether they would be willing to meet with the family member and accept a donation.

As a result of one such contact in late July, I corresponded with a family member of an Ankeny quilter. Her task at that time was to rehome multiple 8-foot-long rolls of batting. After discussion with Phyllis, my husband and I drove to Ankeny to pick up the batting. We were more than a bit shocked at the size of the rolls, and our truck bed was over-filled with three large rolls and one smaller roll of batting. With the concurrence of the donating family, the batting will be used for Quilts of Valor, Sleep in Heavenly Peace, and for Lutheran World Relief quilts (Gilbert Lutheran Church project).

Thank you so much to a fellow quilter whom we will never know, but whose gifts will help support our Sleep in Heavenly Peace and Quilts of Valor initiatives. We may also hear more from this family as they begin the process of gifting a large quantity of fabric bolts.

A brief reminder – it’s never too early to start thinking about how you would want your quilting fabric and supplies to be rehomed if you are no longer able to quilt.



**Ames Quilt Guild Meeting Minutes**  
**July 27, 2023**  
**First United Methodist Church, Ames**

**Welcome:** Meeting called to order at 6:30PM.

**Announcements**

- Small group sign-up opportunities were made available and included the following topics.
  - Hand applique, bag making, machine quilting, charity quilts, modern quilts, vintage sewing machines, and paper piecing.
- Most committees for next year have someone interested, but there is still a need for someone to do the newsletter. Contact Phyllis if interested.
- The Mall in the Hall was successful and a little over \$500 was raised for the guild.

**Old Business**

- The meeting minutes were reviewed, and one update was noted. The Christmas stockings are due at the August meeting, **not** the September meeting. Minutes stood approved with that correction.
- The Treasurer's report was approved as provided.

**New Business**

- Programs and Education Committee Report
  - There are still openings for the quilting retreat scheduled for September 15<sup>th</sup> and 16<sup>th</sup>, 9AM – 5PM at Mended Hearts quilt shop in Ellsworth Iowa. As a reminder, the cost is \$30 per day.
  - The August Ames Quilt Guild program will be a presentation by Laura Anspach entitled How Colors Affect You, What Science Reveals
  - On October 13<sup>th</sup>, 9AM – 3PM, take a tour of ISU's Apparel, Events, Hospitality and Management Department.
- Projects and Activities Committee Report
  - Still accepting toiletries to give to YSS.
- Hospitality
  - Snack sign-up was completed for the months of August and September.
- Program

Nancy Thompson shared stories and information regarding her company Sew Great Tours. More information can be found here: <https://sewgreattours.com/>