



## 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

## 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.

## ***Triangles on a Roll—Mischelle Hardy*** **Is the AQG February Speaker from** **Sew Be It Quilt Shop, Jewel, Iowa**

Mischelle Hardy, owner of Sew Bee It Quilt Shop, 621 Main Street, Jewell, Iowa, has been in business for 10 years this



month. She started in August of 2012 with inventory purchased from a quilt shop owner who was retiring. Since then, Mischelle has been adding inventory to her shop as often as possible and now provides a fully stocked shop. Sew Bee It carries Accu-quilt™ systems and most of her inventory is from Moda™ Fabrics. Kansas Troubles™ fabrics and Christmas fabrics are among her favorites. Mischelle loves more traditional quilts and patterns; she restores old quilts and enjoys hand quilting for customers.

Her program is entitled, “Triangles on a Square”. In it she will show everyone a short, “how to” project from starting to finishing a block set for a sample quilt.

Hardy and her husband have 5 kids and 8 grandkids which keeps them very busy. As President of Jewel’s economic development board, she takes leadership in supporting her community. Together with her husband, she finds time to enjoy kayaking, fishing, hunting and camping with family and friends.

to  
Fay Carmichael  
Monica Howard  
Jane Montgomery  
who provided  
such delicious goodies  
in January.



**January snack  
providers will be:**

Liz Cable  
Diane Rupp  
Shawna Saad  
Wanda White

## 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 some-  
thing for Show & Tell.

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



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

**Send it to:**

**Kathy Glatz, kathyglatz1@gmail.com**







# Giving

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

## Keep Cleaning Those Closets

When we look in our closets and purge the items we no longer want or need, consider those who do. Please bring unwanted **bedding, sheets and towels** to our guild meeting. A collection area will be identified inside the FUMC door. Then, the items will be donated to the Orphan Grain Train to be shipped to those in need, particularly refugees from Ukraine. The monthly meeting collections are:

|             |                            |   |
|-------------|----------------------------|---|
| February 23 | bedding, sheets, towels    |    |
| March 23    | men's clothing             |    |
| April 27    | women's clothing           |   |
| May 25      | children and teen clothing |  |

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

For a number of great causes:

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

Keep those blocks coming!



## Quilting for Others (QFO)

**It's not a UFO it is a QFO!** Quilting for Others will be a community outreach goal of our Ames Quilt Guild this year. We are already gathering orphan blocks, 3 ½ x 12 ½ inch scraps rectangles, and 10 ½ inch squares from which to make quilts for those in need. To keep QFO manageable, the guild will provide opportunities for members to piece together tops from blocks provided, bind quilts already quilted, and tie or machine quilt the tops. Our goal is to make it easy for members to help without the burden falling on just one or two members. The items needing your assistance can be found at the Steve Huffman sound system table with a sign-up sheet as shown below. The Guild has budgeted for the batting, and we have donated backing fabric. If you choose, to participate, you will have opportunities to sign up at each guild meeting and take home one of the QFO projects. We continue to take requests from local organizations who need quilts. Right now, we are providing 60"x 80" quilts to Sleep in Heavenly Peace and the Orphan Grain Train.

|                       |                    |                             |                |           |
|-----------------------|--------------------|-----------------------------|----------------|-----------|
| Date Project Accepted | Name of AQG member | Project: Piece, Bind, Quilt | Date Completed | Comments: |
|-----------------------|--------------------|-----------------------------|----------------|-----------|

**2023**  
**AQG Programs**

Jan. 26, 2023  
**Everything But Cotton**  
Julia McLeod  
(ZOOM Presentation)

Feb. 23, 2023  
**Triangles on a Roll**  
Mischelle Hardy, from  
Sew Be It Quilt Shop, Jewell  
(Will also be vending)

Mar. 23, 2023  
**My Story & Trunk Show**  
Christine Hobbs

Apr. 27, 2023  
**Hats Off to You**  
Phyllis Schrag  
Special Tea Party  
Guest Event

May 25, 2023  
**The International  
Honor Quilt -  
Women Remembering  
Women**  
Dana Jones  
(ZOOM Presentation)

June 22, 2023  
**T-Shirts and Bags**  
Sheila Arney and  
Ramona Tapper

July 27, 2023  
**Sew Great Tours -  
Quilt Tours**  
Nancy Thompson

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

Sept. 28, 2023  
**Paper Embroidery**  
Nadine Dobbe

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

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

**Ames Quilt Guild Member Spotlight**  
**Elizabeth Wilt-Cable**



When I retired in 2010, I started to research various opportunities for classes that I could continue and spend some long-awaited hours away from my job. It was fun to learn about water colors, ceramics and writing, but I was drawn back to the quilting class. I had my mom's old 1970's portable Kenmore™, and it was a hobby I could do at home. Thus, my quilting adventure began.

I grew up in West Bend, a small farming community in NW Iowa, that many of you know is home to the Grotto. We lived on a farm and had the usual experiences of kids growing up in the 1950's....4th of July parades, ice skating on the ponds for New Year's Eve, and earning money as a babysitter for the neighbors. I, like so many others, took Home Ec. The wood working and auto repair classes were not offered to girls! There I learned the basics by working with cotton aprons, pleated skirts, and hemming dish towels. I did a bit of sewing when my three children were toddlers, but my husband died while they were still young, and it was necessary for me to return to the workforce, along with completing my college degree. The sewing machine was used only for emergency mending.

My first quilt, after the 40-inch square Rail Fence design we did in class, was a king-size French Braid. My husband, Jim, had just been diagnosed, and he walked with me through the **Quilting Connection**. I asked him if he saw any he liked; he pointed out the French Braid. Yikes, I thought, but I jumped into it with great enthusiasm. I worked on it for hours at a time; he would even ask if I was ever going to come out of the sewing room!

It was a few years after I started sewing quilt tops that my sister and I were in an antique shop looking for a cabinet to lock mom's old Kenmore™ into so I didn't have to store it on a shelf. We found one, but it still had a 1936 Singer™ attached. I asked the man if he would sell it separately (I had a machine), but he said he would give me the machine if I took the cabinet. Okay. So, I brought it home, cleaned it up and have made over 140 quilts on the 1936 Singer™ that does NOT have a reverse. The tension has never faltered!

People have given me fabric, and I make it all into quilts for missions in various locations such as Nicaragua, Haiti, hospitals in the US and Africa, and children's homes.

Why do I quilt? It is the joy and satisfaction of knowing that someone will use this finished quilt, possibly for a lifetime, since it may be the only one they will have.





## Treasurer's Report

January 2023

Balance Forward:  
\$4,079.82

Income: \$640.00

Expenses: \$466.60

Ending Balance:  
\$4,253.22



Is  
National  
Quilting  
Day



Coming

February  
2023

AQG

Member  
Spotlights

Susan Fraser

Charlotte Menzel

## Ames Quilt Guild Member Spotlight

**Sarah Nusser**

Greetings fellow quilters!

I come from two grandmothers who were great crafters, as was typical of Midwesterners at that time. They knitted beautiful sweaters, crocheted afghans, tatted lace, and sewed clothes for me and my sister. They taught me each of these crafts when I was young. I went on to try macrame, batik and tie dye, all popular crafts during my high school years. The common threads for me in all of these endeavors were fabric, pattern and color.



It wasn't until I was nearly 50 that I tried quilting as a way to relieve work stress. I was not sure I would like the attention to detail, but the tricks I learned from Kelly Irwin's beginner class at the Quilting Connection got me hooked immediately. I found sewing to be contemplative and I could listen to music that was calming.

Shortly afterwards, I joined a monthly modern quilting workshop group started by Jill Guffy and Marny Buck. In this class, we engaged in many exercises to learn about color and design by making small quilts. I loved the community and still use many of the things I learned during that time.

When I started making full-sized quilts, I made my daughter a one-block wonder lap quilt for her high school graduation. She selected the fabric and it turned out beautifully. I followed that by making a quilt for our bed that I found too dark for our room, so I auctioned it at a fundraiser for my son's service trip to Africa, raising \$500 – I was totally shocked! He returned from Africa with some beautiful fabric and I used this for his graduation quilt, honoring his wish for a quilt with more natural tones.

Later, I took a new role at work that kept me from quilting for a number of years. But more recently I've started making baby quilts as my son and his wife had children. I have been working with my daughter, who has exceptional color and design insights. We select a design and fabrics together and I do the construction. Two beautiful quilts have emerged from our collaboration, one based on Kaffe Fasset's St Mark pattern and another based on SuzieQuilts' Indian Summer pattern (April West quilted both). We are about to start on a third for my niece and her wife's baby to be born this summer. I've also finished a lighter colored quilt for our bed.

I joined Ames Quilt Guild during the pandemic when I was looking for a way to connect to quilting and a community during our isolation. I have not been able to attend recently as I had an assignment in Washington DC last year, but I am retired now and looking forward to being more present and playing with design ideas again. I appreciate the many incredible programs that have been presented and look forward to enjoying more time with the guild to expand my quilting knowledge.

## Ames Quilt Guild 2023 Budget

|                  |                            |                                    |
|------------------|----------------------------|------------------------------------|
| \$2500.00        | 2023 Programs              | Betty Baker                        |
| 150.00           | Hospitality                | Barb Holst                         |
| 150.00           | Publicity/Visibility       | Exec                               |
| 200.00           | Charities (Materials only) | Exec                               |
| 25.00            | Membership                 | Marge Fitzgerald                   |
| 825.00           | Rent                       | Susan Fraser (11 months @ \$75.00) |
| 20.00            | Newsletter                 | Pam Geringer                       |
| 25.00            | End of year Holiday Event  | Gloria Sampson                     |
| <b>\$3895.00</b> | <b>Total</b>               |                                    |

## Wanted

**T**wo MORE AQG members to JOIN Susan Fraser as our nominating committee. The job is to seek interested and available members to run for President, Vice-president, Secretary, and Treasurer. That nominated slate will then be presented at the September 28, 2023 meeting. The actual election of officers will take place at the October 26, 2023 meeting where additional nominations can be brought forward. Contact Phyllis Schrag if you'd like to serve.

### Know of an Area Quilting Event?



Share with the AQG by sending info to be put in our monthly newsletter to Pam Geringer



## TIP CORNER

### KNOW THE POWER OF BORDERS AND BINDINGS

Border and binding choices can put the finishing touches on your quilt. Some quilts are a bit lackluster until the



border and binding is added providing those final frames and finishing touches. Often the colors of your border and binding fabrics will cause the main fabrics in those colors to stand out more in your quilt.

<https://www.aquiltinglife.com/10-tips-for-choosing-fabric->

## President's Corner



As you now may know, we had an unwelcome guest in our home. COVID. It took us completely by surprise. Both Larry and I had been vaxed and boosted. In fact, we were seeking our next booster update when we felt symptoms, tested and were positive. I knew I could not attend last month's meeting. I am grateful to all the good AQG team for stepping up and helping in my absence. Thank you! And thank you for your generous donations to Orphan Grain Train. Here is a photograph of Gretchen Hartwig with her car loaded with your gifts. In addition to next month's collection of sheets, be sure to include towels. Gretchen says, "I am always in need of useable towels, especially the gently used or new ones. Thin ones we don't need.



There is a great call for towels in every bundle we send!" Side note: Larry and I felt that we would heal much better from our Covid if we had ice cream. So when collecting your donations from the church, I had a grocery bag with ice cream in it. It got mixed in with your donations to Orphan Grain Train. I called Gretchen, and fortunately, she had not left town and was able to get it to us for our use in healing. It worked!

### Current Events

#### The Iowa Quilt Museum

68 E. Court Avenue,  
Winterset, IA 50273  
515.462.5988  
[iowaquiltmuseum.org](http://iowaquiltmuseum.org)

Exhibit: **These ARE Your Grandmother's Quilts**  
December 20, 2022 –  
March 12, 2023

#### Creston Human Rights Coalition Celebrates Black History Month

Creston Depot Gallery  
Creston, IA

Exhibition of Quilts by  
Dr. Monica Howard @  
Feb 1-28, 2023

<https://www.facebook.com/CrestonArts/posts/>

## From the Quilting Bookworm

What do you think of when you see the word "appliqué"? Is it hand-turned, needle appliqué? Or maybe your mind's eye sees fused shapes, stitched in place with decorative machine embroidery. The book, *Invisible Appliqué*, by Ami Simmons, introduces a new-to-me hand appliqué method, ladder-stitch appliqué. In brief, ladder-stitch appliqué consists of working a row of alternating, running stitches; one in the appliqué piece, followed by one in the background fabric, etc. After 5 or 6 stitches, the stitches are tightened, and the appliqué is perfectly positioned on the backing fabric. Confused? Don't be. The author provides excellent diagrams of everything from preparing the fabric (precision marking is essential) and working the basic stitch, to working curves, inner and outer corners etc. The reader can work systematically through a series of sample templates or just skip to the back of the book where the technique is applied to Hawaiian, stained glass and other quilt styles. Throughout the book, the author offers tips and useful comments. How many other authors would gently suggest that "her" method does not work well for small circles? I haven't tried this technique yet, but look forward to doing so. I hope that you do too. Find this book and many others of interest in the AQG library.



Until next time- QB.

**Ames Quilt Guild**  
**Meeting Minutes**  
**January 26, 2023**

**1. Welcome**

- a. Meeting called to order at 6:40 PM

**2. Announcements**

- a. Just a quick reminder that we will continue to accept quilt block donations throughout 2023 for several great causes.
  - i. 3.5" X 12" blocks: used to make quilts for Sleep in Heavenly Peace
  - ii. 10.5" blocks: used for orphan blocks
  - iii. Orphan Grain Train – in 2023 we will be collecting specific items that are need by refugees from Ukraine. Each month will be a different item. Please consider donating if you are able.
- b. Quilt of Valor – Kathy Jones is the chair. If you want any more info on that, touch base with her or google quilt of valor requirements as there are very specific size range rules.

**3. Old Business**

- a. The December 2022 minutes were approved with no changes.
- b. Treasurer's Report
  - i. Provided in the newsletter (top corner of page 5). Approved as submitted.

**4. New Business**

- a. The Executive Committee met to discuss ideas for increasing membership. Many ideas were provided, and the list will be shared with membership once reviewed by President Schrag.
- b. The Executive Committee would like ideas on a potential name change for the Ames Quilt Guild. The discussion of a name change was brought forward as part of the conversation related to increasing membership. Several area guilds are no longer meeting, and there is a goal to ensure the Ames Quilt Guild is as inclusive as possible. Broadening the name to something such as Ames Area Quilt Guild ensures potential members understand the AQG is open to members inside as well as outside of Ames. All ideas are welcome. Please email President Schrag with your ideas or bring them to the February meeting.

**5. Committee Reports**

- a. **Activities/Projects** (Sheila Arney, Ramona Tapper)
  - i. Last year we had a baby – many loved this. We will be having another baby this year. Due in September, members who wish to participate will make a baby blanket. The blanket should be quilted and bound.
  - ii. Sheila collects small toiletries all year round, which she places in gift bags to donate to the Ames YSS. These can be samples you pick up at hotels and items like that. Donations accepted all year, with the gifted toiletries donated starting in December.
- b. **Hospitality** (Barb Holst)
  - i. Snack sign up for February is filled



ii. March sign up is available. Please contact Barb if you would like to bring snacks in March.

**c. Membership** (Marge Fitzgerald, Susan Fraser)

i. 1 guest and 3 new members. There were 35 total attendees.

**d. Communication** (Kathy Glatz (newsletter), Steve Huffman (website), Kathy Jones (Facebook)).

i. Facebook page – Ames Quilt Guild –

1. If introducing someone to the guild, you can encourage them to join the Facebook page. This is one way to get people information about the Guild.

**e. Programs** (Kathy Glatz)

i. Introduced Gloria Sampson and Kathy Jones as part of committee.

ii. 2023 has already been planned by Betty Baker (thank you Betty 😊).

iii. The committee is collecting ideas regarding a retreat that the guild can go to. If you have any ideas on locations, please send them to Kathy or Phyllis. For example, maybe a 2-day retreat at the church, something at the library, Riverside Bible camp, or another idea. They want to hear from our members – what do you want? The committee is considering an April date for a retreat.

iv. The February program is provided by Michelle Hardy (It's Sew Tempting) who will present triangles on a roll. Michelle will also be vending so don't forget your money!

**f. Small Groups** (Marge Fitzgerald)

i. No groups currently, but if anyone has any ideas or wants to be in one let Marge know.

**g. Sound Support** (Steve Huffman)

i. no report

**6. Program**

a. Julia McLeod – Presented on Quilts made from non-cotton materials.

i. Contact Info and Resources

1. The Quilt Show.com Episode #2902
2. Juliamcleodquilts.com
3. juliamcleodquilts@gmail.com
4. Facebook – Julia McLeod Quilts
5. Instagram - @juliamcleodquilts
6. SeeHowWeSew.com