



### 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



## Sew Great Tours - Quilt Tours

**Nancy Thompson**

### History of Holiday Tours set for July 27

Vacations and leisure-time travel should be as enjoyable and pleasant as possible. Keeping this in mind, **Nancy Thompson**, co-founder of Holiday Tours, Inc., will provide our July 27, AQQ program. She will explain how she and her husband design their motorcoach tours and other travel packages with quilters in mind. The program will detail how they give personalized service to each and every customer - a policy which remains their highest priority.

Nancy and Dwight Thompson started Holiday Tours in 1978, offering to local people the opportunity to travel in North America on deluxe tours at affordable prices. Holiday Tours was one of the first in the area to offer escorted group tours to such places as New York, Washington, Nashville, and Disneyworld. Tours now include destinations to all 50 states and Canada...as well as Europe, Australia, etc. And, people come from all over the country to travel with Holiday Tours.

Holiday Tours' Deluxe Prevost motorcoaches are air-conditioned, video-equipped, bus to bus radio communications, adjustable reading lamps, folding arm rests and magazine racks. A restroom is also available on all full-size motorcoaches.



AQQ for the recent donation to SIHP of

8 large quilts and

12 lap or crib quilts received on Sunday, July 9, 2023.

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

Jane Eby, Carol Elbert  
Pam Geringer,  
Marge Kaleita



Snack Providers for the July meeting are:

Monica Howard Martin  
Beth Karabee  
Gail Wiebke  
Diane Rupp

### 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.

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

### 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.



# Giving

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

## What is Orphan Grain Train?

Ames Quilt Guild members have been supporting Orphan Grain Train (OGT) through our love of quilt making as one of our service-related committees. But what is it? OGT is a 501c3 nonprofit Christian volunteer network that shares personal and material resources with needy people in America and around the world. Grain Train volunteers gather donations of quilts, clothing, medical supplies, food, literature, and other aid to meet real needs. The Orphan Grain Train movement is a loving response to a world in need.

One of OGT's goals is to feed starving people the world over. For example, edible pinto beans have been shipped to the schools of Liberia. Those beans are served for lunch to the children, and on those days the attendance goes up; this maybe the only meal the children receive that day. These precious children love to learn, and that learning is much easier when not interrupted with hunger pains.

Across the globe hungry, destitute people live day to day without warm clothing, nourishing food, clean water, shelter or medical care. In 1992, Pastor Ray Wilke saw that need face to face, and determined to make a positive impact on as many people as possible. Today Orphan Grain Train has shipped to 69 different countries meeting the needs of the hopeless.

<https://www.ogt.org/>

## 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!

PLEASE TAKE ADVANTAGE OF OUR LENDING LIBRARY. THERE ARE SO MANY GREAT BOOKS WITH PATTERNS, IDEAS, AND INTERESTING CONCEPTS FOR QUILTERS TO USE.



Save those toiletries for YSS Donations (youth services)



We are Expecting!  
For Mary Greeley Hospital NICU

Get your "hatching jacket" on because there is a "bun in the oven"! That "bun" is actually a baby, and it is due **September 28**. Every baby needs a baby quilt to welcome them into the world. So, the quilts you are making need to be finished, quilted or tied, 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"

**DON'T FORGET**

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

## 2023 AQG Programs

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

Aug. 24, 2023  
**How Colors Affect  
You,  
What Science Re-  
veals**  
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 Presenta-  
tion)

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



## AQG New Member Spotlight

### Beth Larabee

My husband's name is Randy and I have two daughters Laura and Maggie. I have degrees in Drafting Technology, Agronomy, and Soil Science.

I worked as a Drafter, Day Care Provider, Teaching Assistant at ISU, Soil Scientist at ISU Extension Research, Local Food System Program Assistant at the Leopold Center, Shelter Medicine Program Assistant at ISU Vet Medicine, and Instructor Environmental Science and Agriculture at DMACC.

My hometown is Royal, Nebraska, about 100 miles west of Sioux City Iowa.

I enjoy experiencing "flow" while quilting, being completely absorbed in the process and producing a useful object that will benefit others.

I quilt to honor my grandmother, Mary Montgomery. She was a professional hand quilter in the 1960s and 70s. She taught me hand quilting at the age of 10. I was willed her quilt block patterns, all drawn on bits of paper with instructions in her handwriting.

My stiletto is a very practical tool when piecing. It is useful to keep those seams flat and in the correct direction while stitching.

I own Beth's Sewing and Alterations in Ames. We also repair, repurpose and upcycle garments.



## 2023 AQG Special Events

Details to be announced in newsletter articles.

**June 22, 2023  
Mall in the Hall**

**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 Manage-  
ment Dept.  
(ISU)**

### 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.



Have an idea for  
an  
AQG Program?

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

## Treasurer's Report

June 2023

Balance Forward: \$

Income: \$

Expenses: -\$

Ending Balance: \$

### Current Events

#### GREAT SEWING ADVENTURES™ ACROSS IOWA

June 1 – July 31, 2023

The **All Iowa Shop Hop** brings together sewing and quilting enthusiasts from across Iowa and neighboring states.  
<https://allwashophop.com/event/>

#### QUILTS FOR ALL SEASONS 2023 QUILT SHOW

July 21—July 22

9 AM—5 PM

Prairie High School

401 76th Ave SW, Cedar Rapids, IA

Admission \$10.00

East Iowa Heirloom Quilters

<https://www.eihguild.com/>

#### IOWA STATE FAIR

August 10—20, 2023

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/>

#### 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

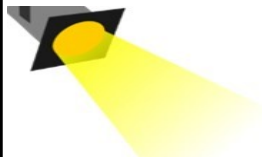
<https://www.americanquilter.com/quiltweek/event/landing/eventid/>

## Malted Mystery Challenge for Summer

There is no official sign up, list, or cost to join in the mystery quilt along. Each set of instructions will be posted to this blog (<https://meadowmistdesigns.blogspot.com/>) on the first Thursday of each month. To ensure you do not miss any of the posts, you can do any of the following:

1. Visit the [Meadow Mist Designs blog](#) on the day (first Thursday of each month) the instructions are posted or visit the [Main Malted Mystery Page](#) which will contain links to all of the posts.
2. Join the [Meadow Mist Designs Newsletter](#), the newsletter typically is sent out the day after the instructions are posted with a link to that month's instructions.
3. Follow the [Meadow Mist Designs blog via email](#). You will get all new blog posts (all posts, not just mystery quilt posts) at 10am via email the day they post. Join the [Meadow Mist Designs Facebook Group](#). Links to the instructions are always posted in the group.

There are PRIZES GALORE! Check out all of their generous sponsors and the prizes they are donating. All prizes will be given out randomly to those that enter the final reveal parade (finished quilt tops or finished quilts). Be sure to scroll to the bottom for an awesome giveaway.



## AQG New Member Spotlight

### Kelly Dehner

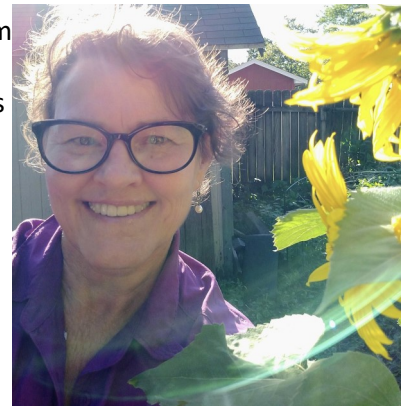
Greetings Fellow Quilters! I grew up as part of a large blended family (8 kids) in Nevada, IA. After graduating from ISU in 1984, I went into the Peace Corps (Sierra Leone). I eventually landed in the State of Nevada where I retired as a speech pathologist. Though I spent most of my adult life in the West (where I enjoyed hiking, camping, river trips through the Grand Canyon, birding, etc.), I always wanted to return to Iowa. Now it's good to be closer to my father, age 86, in Nevada, IA.

My stepmother, Amelia Dehner, was a skilled seamstress and quilter. She was also a member of this guild. She taught me to how to sew when I was in 4-H. A few years ago, I took an introductory quilting class in Las Vegas and was hooked. We delighted in our shared interest in quilting during the last few years of my stepmom's life.

What I enjoy about quilting is the process of creating something over time using color, pattern and texture. I'm a beginner who loves learning and is especially keen on nature inspired projects. (FYI, I'm also new to gardening - another beginner's interest).

Remember the crazy quilts from the late 19th and early 20th century? My Grandma Lillian started one when I was a child. It incorporated an old black shawl from my Great Grandma Hattie. I remember embroidering the patches when we'd visit my grandparents in Illinois. Now it feels like I'm coming full circle with my ancestors from the past.

I'm looking forward to getting to know everyone here. Happy Quilting!



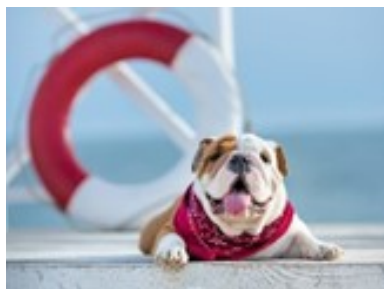
## Hints to Stay Cool



According to *The Farmers' Almanac*, if you following these 9 suggestions, you will remain cool during the "Dog Days of Summer".

1. Eat these cooling foods: mushrooms, cucumbers, citrus fruit, lettuce, mint, and frozen fruits.
2. Stay hydrated by sipping from a large water container all day long. Aim for at least a half-gallon over the course of a day.
3. Make a splash by swimming, showering, just wetting your hair, soaking your feet in cool H<sub>2</sub>O or running cold water over your wrists for 10 seconds.
4. Cool the back of your neck because it is the body's main temperature sensor.
5. Wear as few clothes as you feel comfortable in, and dress in light-colored, loose-fitting clothes.
6. Make yourself a "cool-off cave" in the basement.
7. Rub on some peppermint lotions. The menthol will stimulate your nerves making your body think you are cooler than you are.
8. Rub a slice of chilled cucumber over your face. The juice will take longer to evaporate than water.
9. If you are able, do nothing. Just sit verrrry still. This is a good time to read in a hammock or sew by hand. Avoid running errands or housework or anything very active during the hottest part of the day. Save these jobs for the early morning or evening.

Have you heard the expression, "the dog days of summer"? We are in them right now. You may have noticed that from July 3 through August 11, heat can be oppressive, according to a trusted and reliable source, *The Farmers' Almanac*. Besides quilting and sewing in your studio during these hot, sultry days that are not fit for a dog, how do we survive? My quilting area is in the lower level of our home,

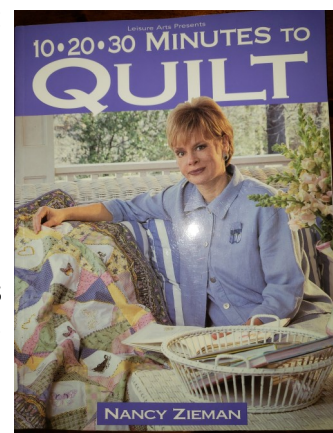


which is generally several degrees cooler than the rest of the house. I am grateful to spend hours there, taking breaks only to do a few chores, eat meals, and avoid cleaning. In the hint section of this newsletter, you will find some inexpensive ways to keep cool until the "dog days of summer" pass. Here is a little known, but true fact about those "dog days": it is actually a reference to Sirius, the Dog Star. During the "Dog Days" period, the sun occupies the same region of the sky as Sirius, the brightest star we can see with our naked eyes in the night sky. Stay cool, be cool, think cool.



## From the Quilting Bookworm

A book with the title *10-20-30 Minutes to Quilt* is all about super simple, boring quilts, right? Not when the author is the fabulous Nancy Zieman. Yes, Ms Zieman starts by introducing basic tools, cutting, marking, sewing  $\frac{1}{4}$ " seams and how to construct strip sets. But then, using only these simple techniques, Ms Zieman makes fleece quilts, and quick panel tops, and elaborate fusible bias curve designs and photo quilts, and even crazy quilts. There are patterns and detailed instructions for large, medium and small projects. Each project is divided into steps, labeled 10, 20, or 30 minutes. This is a great book for the relatively new quilter who wants to work on something more interesting than endlessly sewing squares into nine patches. As always, Ms Zieman also includes plenty of information and a lot of great tips for the more experienced quilter. With its clear, well-written instructions, interesting projects, and introductions to unusual techniques, this book is Ms Zieman writing at her best. This book can be checked out from the Guild library.



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

## TIME TO REGISTER for the first Ames Quilt Guild's quilting retreat 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:** The registration form was emailed to members in June. If you did not receive it, contact [Gloria Sampson](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.

## Iowa State Fair Opportunity for Quilters

Grab a friend and spend part of a day at the State Fair helping at the **Iowa State Fair Sew In!!!**

For the first time since 2019, the DMAQG will be sponsoring the Sew In at the Iowa State Fair, Aug. 10-20, 2023. For the 11 days of the Iowa State Fair, quilters will help fairgoers in making quilts for charity. Volunteers provide visitors with assistance and guidance in stitching, pinning, quilting, and binding 12-strip Kids' Quilts.

Two four-hour shifts are available each day, with most help needed on the weekends. Quilters who volunteer for a shift receive an admission ticket and parking pass for the day. For more information and to sign up to volunteer, contact Jill Reber at [mpquilt@aol.com](mailto:mpquilt@aol.com).

## MALL IN THE HALL

**YIELDED \$500+ DOLLARS FOR AQG. THANK YOU TO ALL WHO PARTICIPATED, BEFORE, DURING AND AFTER THE EVENT.**



## Sign up for Small Groups

At the July 27, AQG meeting, all members will have an opportunity to sign up for a small group. At that time, those interested in a specific small group or creating a new small group will meet in a designated area of the church. A sheet of paper will be available on which each person must PRINT CLEARLY their name, phone number, and email address. Be sure you know your monthly "usually available time", so that before the small group time is over, everyone interested in that specific small group will know when and where that small group will meet. You may elect a leader, or simply agree to each be responsible in some small way. A short list of small groups is listed below; there is room to add additional topics at the meeting.



- |                  |                         |
|------------------|-------------------------|
| Hand Applique    | Bag making              |
| Machine quilting | Charity Quilts          |
| Modern Quilts    | Vintage Sewing Machines |
| Paper Piecing    |                         |

**Ames Quilt Guild Minutes**  
**June 2023**  
**First United Methodist Church, Ames**

President Phyllis Schrag called the meeting to order at 6:30 PM.

**Service Projects:** Phyllis shared the number of quilts guild members had completed and donated to Quilts of Valor Foundation, Mary Greeley's NICU, fidget quilts, Sleep in Heavenly Peace, Orphan Grain Train, as well as Christmas stockings for soldiers, toiletries for YSS clients, and clothing linens and kitchen items for Orphan Grain Train for refugees. Volunteers received tops needing quilting and finished quilts for binding.

**Minutes:** Phyllis called for additions or corrections to the minutes. None were raised and the minutes were accepted as submitted.

**Treasurer's Report:** Will be available at the end of June.

**Committee Reports:**

- **Activities:** Stockings for Soldiers are due at the September meeting.
- **Newsletter:** The guild needs someone to compile the newsletter in 2024. Anyone who enjoys this type of creative work is welcome to contact Pam Geringer for more information.
- **New Members:** New members received quilting biography questionnaires for future newsletters.
- **Attendance:** 41 total including 3 guests, one visiting from China
- **Programs:**
  - There will be a Sew-In at the Iowa State Fair where fair-goers are invited to help make quilts for charity. Quilters are needed as volunteers serving 4-hour shifts to help the sewers. Contact Kathy Glatz ([kathyglatz1@gmail.com](mailto:kathyglatz1@gmail.com)) for sign-up information.
  - Retreat registration forms were sent to members via email. The top half of the form contains retreat details for enrollees to keep and the bottom half contains the registration form. Send completed registration form to Gloria Sampson ([solyst@aol.com](mailto:solyst@aol.com)).
- **Nominating:** Guild Offices and Committee responsibilities were published in the June newsletter. A slate of officers must be presented at the September meeting and in the October newsletter, with new officers elected at the October meeting. Committee responsibilities were described so members would be aware of opportunities to serve. Anyone interested should contact the nominating committee - Susan Fraser ([sfraser04@msn.com](mailto:sfraser04@msn.com)) or Liz Wilt-Cable ([ewiltcable@hotmail.com](mailto:ewiltcable@hotmail.com)).
- **Service:** Phyllis described how members can contribute toward the Guild charitable contributions:
  - **QOV** – 12 ½" blocks
  - **YSS** - toiletries
  - **Orphan Grain Train** - 10 ½" blocks and orphan blocks
  - **Sleep in Heavenly Peace** - 12 ½" x 3 ½" blocks

**New Business:**

Phyllis asked about the status of the Guild's small groups. At one time there were several small groups - Modern, Paper Piecing, Quilts of Valor, Charity Quilts, Traditional and Landscape – meeting regularly to pursue member interests. She asked if these groups were still active. None seemed to be active. Phyllis invited members to start small groups to serve special interests and inform her so these quilting communities could be promoted on the Guild web site.

New members received welcome bags.

Beginning in 2024, the newsletter will publish tips submitted by members. Tips received by December 1<sup>st</sup> will be first in line at the 2023 Holiday meal.

Guests were recognized.

Char Hulsebus provided a free Dear Jane Quilt kit from Chelly Kenney's estate to a willing member.

Entries to the state fair must be postmarked by June 1<sup>st</sup>.

**Program:** Ramona Tapper and Sheila Arney provided a wonderful trunk show of their creations, sharing their adventures in t-shirt quilts and bag sewing.

Mall in the Hall was held before and after the meeting.

Show and Tell followed the program.

Meeting adjourned at 8:40 PM.

Pam Geringer