

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.

The BIG Reveal!

See a complete listing of all AQG's Programs for 2024 in the side bar in upcoming issues!

Here's more information to pique your interest:

How are "Triangles on a Roll" used for Paper Piecing? Come to our **January** meeting to find out from Mischelle Hardy, owner of Sew Bee It Quilt Shop in Jewell.

Two Mini-Workshops, put on by AQG members at our **February** Meeting, will focus on "Math for Quilters" (Susan Fraser) and a demonstration of how to use the timesaving AccuQuilt Fabric Die Cutting System (Kathy Glatz).

Kathy Jones, the Iowa Coordinator for Quilts of Valor Foundation and an AQG member, will tell us how to make and award Quilts of Valor in **March**; we will follow up with a Quilts of Valor Sew-in in May.

For our "Bring a Guest Night" in **April**, our very own Phyllis Schrag will be narrating a "Storytelling Through a Bed Turning" of 20 quilts submitted by our members; this meeting will be held at the Ames Public Library in hopes of attracting many more to join our Guild!

Where would we be today without ZOOM? In **May**, we will unlock the mysteries about Aurifil Thread with Tammy Silvers, from Ackworth, GA. You won't want to miss it as each program attendee will receive a bag of exclusive Aurifil swag!

Follow Connie Lovelady, from Des Moines, as she highlights her favorite fabrics, patterns, techniques and "must have" notions from her 40-year quilting journey in **June**. Connie will also be showcasing her personal quilts as well as family heirlooms and antique quilts from her collection.

A sister of AQG member Judy Vance, Nancy Haack of Omaha, NE will give a program on making scrap quilts in **July** and then follow up with a workshop the next day where participants make a "Star Formation Scrappy Quilt". Put your fabric scraps in a bag so you are ready!

(Continued on page 3)

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

Sheila Arney
Bridget Konz
Peggy Palmer
Ramona Tapper
Evonn Walling



**Holiday Potluck
Dec 7th at 6pm**

See Pg 3 for details!

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.

Welcome to our 2024 Executive Board!

Joanne Kerton - President

Kate Hardy - Vice President

Anne Dunn - Treasurer

Sandy Popelka - Secretary

**Ames Quilt Guild
Yearly Dues**

**renewed in January
\$40.**

Dues are \$20 for those who join after July.



Giving...

*"No one has ever become poor by giving."
Anne Frank*

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

Stash Contributions to ISU

Jason Gagnon, Sewing Studio Director, filled a SUV with our generous fabric donations for the ISU Department of Apparel, Events and Hospitality Management (AESHM). Students will have a great selection to use for design projects. Additionally, our donations may be used by Dr. Chunhui Xiang who teaches the textiles class. She used natural and manmade fabrics for students to identify by testing their properties (i.e., burning, melting, chemical testing). Thanks to all who contributed!



I would like to thank the Ames Quilt Guild for your VERY generous donation to our studio. Your donation included bags upon bags of free trims and fabrics (see photo). It will impact so many students - especially those with low incomes. It means a lot to us here at the studio!

~Jason Gagnon
Sewing Studio Director
ISU Department of Apparel, Events and Hospitality Management



P.S. Jason also said that he is working out the details on a "Summer Retreat" time in their studios for those who would love to learn and use their various machines...so, stay tuned!

Gift Bags for Youth Shelter Services (YSS) --Sheila Arney and Ramona Tapper

I first heard of YSS from the Ankeny guild when they were collecting quilts for YSS as part of their charity work. In December 2022, I gathered all my unused toiletries from hotels, made gift bags, and donated them to our local YSS in Marshalltown. They were excited to put them under the tree for the kids to pick up. The idea hit me to ask AQG to collect toiletries for the Ames YSS.



In January 2023, Ramona and I asked AQG to collect travel toiletries to donate to the YSS in Ames. As a group, you are very giving and gathered items from hotels in Arizona to Ireland and places in between, from your dentists (toothbrushes, dental floss, and toothpaste) and from the travel section of stores. Someone also donated a few bags out of different holiday fabric. When I finished packing these and bags I made (from extra Christmas fabric – so yay!), I filled 56 bags! Every bag has soap or gel, shampoo, conditioner, hand lotion and one other item such as a toothbrush, deodorant or travel sewing kit. Every item donated was packed up for YSS.

What is Youth Shelter Services? YSS provides emergency shelter for sex trafficked youth ages 12 to 17 in Ames and Mason City and restoration/transitional living services for those ages 18-24 in Ames, Marshalltown, and Des Moines. (AKA Iowa Homeless Youth Centers). YSS identifies vulnerable youth through mobile street outreach, referral, and self-disclosure; YSS assists and ensures that young victims are safe and diverted from further exploitation. The transitional living program duration is up to 24 months and includes housing and services to the clients' children.

To all of you who provided toiletries over this past year, we thank you. It may not make a difference in someone's circumstance, but it will make them smile and know that there are people out there who care and are not trying to hurt them.

CORRECTION: Baby Quilts Donated to MercyOne Hospital in Des Moines.

AQG donated 57 baby quilts to MercyOne Hospital NICU in Des Moines. We mistakenly reported the recipient as the Mary Greeley Hospital NICU.

Thank you for the generosity of our members who support this cause — Sorry for the misprint!

2023 AQG Programs

Dec. 7, 2023

Holiday Potluck & Fun

See “The Big Reveal”
article for interesting
& fun 2024 programs!



Holiday Party 2023



We do not have a regular meeting on the fourth Thursday in November or December. Instead, we have a Holiday Party in December. This year our party will be held on Thursday, December 7 at 6:00 p.m. at the First United Methodist Church in Ames.

The program committee is in charge of the party. We will supply the entrée (which we will label for dietary concerns) and we ask that each member bring either a salad or dessert. We plan to eat at 6:00 so try to have your food there a few minutes early. Drinks will also be supplied.

We are asking each member to bring a handmade/homemade item with a value of \$5.00 or more. Last year we had homemade jams, candy, sewn items and more. Please put your name on a card within the gift-wrapped package so you can thank the donor later in the evening.

If you have a quilt that you plan to give to someone for the holidays and would like to show the group before mailing, we will have some time for that show and tell.

There will be games and prizes as well as a fun social time. Please plan on coming as we celebrate this past year of quilting, sharing and friendship.



Have an idea
for an AQG
Program?

Send it to:

Kathy Glatz,

kathyglatz1@gmail.com

AQG Member Spotlight

Barb Hedberg



I live in Nevada with my husband, Gene, and an assortment of dogs. I have two adult children and three adult stepchildren. Gene and I have a combination of eight grandchildren. I grew up in Wilmette, Illinois and spent most of my summers in Frankfort, Kentucky with my grandparents. I graduated from the University of Illinois, Champaign-Urbana, and worked for forty-two years in IT. Retirement is WONDERFUL!

Donna Buchwald convinced me to try a quilting class at the Quilting Connection taught by Kate Hardy in the late 1990s after listening to me complain that it was getting difficult for me to do embroidery and needlepoint. Oh WOW! Learning about rotary cutting and the basic techniques sold me on quilting. I've been having fun and going broke ever since!

I enjoy the creativity of quilt making. It is an activity that works well individually and in a group setting. I enjoy playing with color and designing or selecting projects. I especially like batiks and jewel tones. I have enough projects that I want to do to keep me busy for a couple hundred years, yet I cannot resist some of the lovely new fabrics. It is satisfying to give someone a lovely quilt that was made with them in mind.

The best quilting tip I can share is that when your body objects to the cutting process, purchase one of the cutting systems that are available. The AccuQuilt system is what I use and it is a lifesaver for cutting out large and small projects.

(Continued from page 1) ***The BIG Reveal!***

Get inspired for your next quilt in **August** with AQG member Carolyn Abbott's "Inspirations for Quilts" program. Carolyn graduated from ISU in Art Education.

In **September**, find out how to work out the kinks in your body when sitting too long at the sewing machine with Yoga Instructor (and sister of Kathy Glatz) Mary Lynch. Her presentation is entitled "Chair Yoga with a Quilting Twist."

Don't know what Australian Jen Kingwell's quilts look like? Come to our **October** AQG meeting for an overview of Jen's patterns by Connie Lovelady from Off the Rails Quilting. AQG members who have made Jen Kingwell quilts will be asked to display them as part of Show-and-Tell.

Of course, we will **end our year with our Holiday Potluck and Fun**, as we are all about Food, Fun, and Fabric!!!

Fabric—oh by the way, we will have two quilt shops vending during the year to help add to our fabric stashes (and get the latest tools for the trade): Sew Bee It Quilt Shop, Jewell (January) and Off the Rails Quilting, Bondurant (October.)

AQG Program Committee: Kathy Glatz, Gloria Sampson, Kathy Jones

Attention AQG Members

Pick up an individual bookmark listing all of the 2024 AQG Programs when you pay your \$40 dues at the December Holiday Potluck & Fun event!

And please help us publicize our Guild by volunteering to take a stack of bookmarks to one of the area's quilt shops. A sign-up sheet and stacks of bookmarks will be available for pick up and distribution.

Treasurer's Report

October 2023

Balance Forward: \$4,925.93

Ending Balance: \$4,461.23

TIP CORNER

STAYSTITCH!

Staystitch your quilt edge before machine quilting for a happy, flat result.

Staystitching is a row of machine stitching done on a single layer of fabric just



inside the seam line. Quilters take advantage of this technique because stay stitching stabilizes the seams along the outer edge of your quilt. What can happen is - seams can start to break open as you're working with the quilt and pinning it and basting it and moving it around as you're quilting. Backstitching at every intersection along the outside edge can slow you down and cause extra thread built up. But by stay stitching the quilt top, you can secure all of those seams with one pass. Be sure to stay within that quarter-inch seam allowance, that way it will be covered up later with the binding. Any fabric, even knits, can benefit from staystitching.

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@mediacommb.net. Member tips will be published in the AQQ newsletter in Jan 2024.

President's Corner

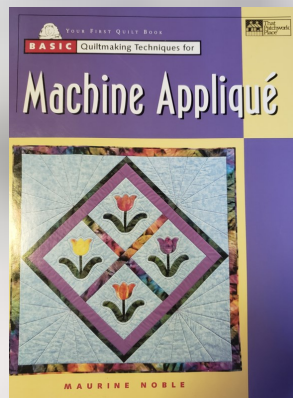
What a fun-filled, two-year term I have had as your President. I set some goals for myself and the guild, and I feel good about the progress made toward meeting those goals. I wanted increased communication among members and that happened with the able work of Pam Geringer, Judy Vance, and Kathy Jones. Increasing AQQ visibility with the strategic placement of bookmarks to members and area shops along with our program committee's successful tea, brought increased interest and membership. Our community service projects, including another load of your quilts from our last meeting, were delivered to Sleep In Heavenly Peace; and through the year, we gave car loads of good, useable stuff to the Orphan Grain Train, and of course, our stockings, toiletries, and baby quilts delivered at the encouragement of Ramona Tapper and Sheila Arney. Finally, your officers and committee chairs worked tirelessly to improve several aspects of the guild, including increased community giving, improved communication, program planning, budgeting, brain storming ideas, and problem solving to ensure a smooth transition. Also, I want to say how much I enjoy the energy, creativity, and beautiful artistry found in the quilts you bring to our vibrant show and tell.

My thanks to all of you for making our guild one of great worth to members and the community. That is due in large part to the work of each officer and each committee member. Thank you to each of you for helping make our guild a leader in central Iowa. I am looking forward to a bright future because we have a strong team of officers and committees who have just the right amount of energy, enthusiasm, and ideas to move us forward.



From the Quilting Bookworm

Unlike many machine applique books, *Machine Applique* by Maurine Noble is an excellent introduction to not one, but three different machine applique techniques: fused applique, blind applique and (new to me) upside-down applique. Ms Noble provides complete lists of supplies for each technique, from preferred sewing machine feet and thread types to the pluses and minuses of a wide range of fusible products. The detailed instructions for the simple but charming practice projects (cats, flowers, hearts butterflies) are clear and easy to follow.



This book may be for beginners but Ms Noble has been careful to include information on such scary topics as stitching inside and outside corners or constructing perfectly even bias tape stems. This book is recommended both for individuals new to machine applique and for those who may be interested in expanding their machine applique technique repertoires.

Until next time- QB.

Just For You

by Kathy Sherlock

This quilt is made of cloth and thread

To place upon your little bed.

*It's not an heirloom just to keep,
But to lie upon as you count sheep.*

Or perhaps the floor's the perfect place

For a Doll and Teddy picnic place.

This quilt can be anything you can dream

From Superman's cape to the robe of a queen.

*Pretend it's a raft adrift at sea,
Or just cuddle up when you watch TV.*

*So use it up and wear it out.
I promise I won't yell or pout.*

*Just tell me when its days are through,
And I'll make another one just for you.*

AQG MEMBERS CREATE, TEACH, SHARE & GIVE JOY

Learn About the History of Our Craft

History of Quilting

Presenter: Sarah Walcott

One day: Wednesday, Jan. 17, 2024

9 - 10:30 a.m. CT online with Zoom

Cost: \$25.00



OLLI at ISU Membership Required (\$35.00)

The Osher Lifelong Learning Institute at Iowa State University (OLLI at ISU) program is offering an online class on the History of Quilting on Wednesday, January 17, 2024, from 9:00 – 10:30 a.m. CT. It will be presented by Sarah Walcott via Zoom. Walcott is the collection manager of the international Quilt Museum at the University of Nebraska-Lincoln. Walcott holds a Master of Arts in textile history with a concentration in quilt studies. She is currently a doctorate student in material culture and textile history.

The OLLI at ISU program is for ANYONE 50+ who enjoys learning for the fun of learning. For more information or to be placed on the OLLI at ISU mailing list, contact Jerilyn Logue, director of OLLI and ISU Retirees at (515) 294-3192 or by emailing olli@iastate.edu with any questions. More information available at <https://olli.iastate.edu>.

Charity Quilt Small Group

We held our first meeting on September 10th and have met several times since. Currently we are meeting in the homes of the members.

We are working on several projects. The initial quilt is a female SHP (70x90) top made with leftover fabric from the late summer "Sewin". The top is complete.

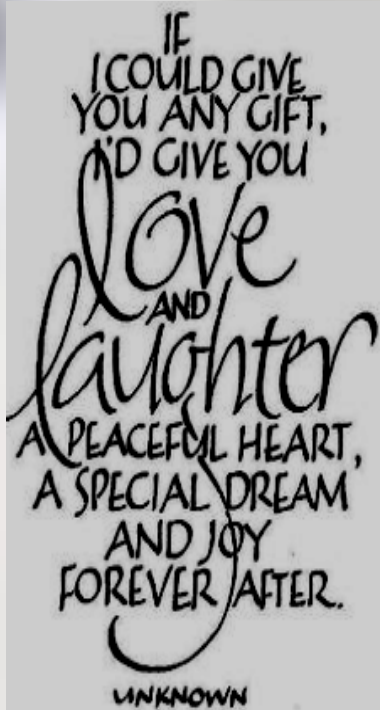
A second project was started at our last meeting. It will be a male SHP (70x90) with fabrics donated by the members.

Two members also took additional projects home to work on between meetings. We are brainstorming ways to acquire fabric, backs, and batting for future projects.

Over time we hope to serve several organizations. SHP, Quilts of Valor, Project Linus (Cedar Rapids?), and baby blankets for local and regional NICUs have been discussed and we are open to other ideas.

Please consider starting your own small groups. We are enjoying the laughter, comradery, conversation, and of course the quilts.

Contact: Beth Larabee



Electric Quilt 8 Small Group

The Electric Quilt 8 (EQ8) Small Group meets in the boardroom at the Ames Public Library from 3:00 – 4:30 pm, the 3rd or 4th Friday afternoon each month. The group's purpose is to investigate the EQ8 quilt design software by experimenting, sharing projects and knowledge, and learning from each other's experience. Any guild member who uses or is interested in EQ8 is welcome to join us.

Coordinator: Joanne Kerton



PLEASE TAKE ADVANTAGE OF OUR LENDING LIBRARY.

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

Ames Quilt Guild Meeting Minutes

October 26, 2023

Welcome: Meeting called to order at 6:20PM.

Election of Officers: The Nominations Committee submitted the following slate of AQG officers for 2024.

- President – Joanne Kerton
- Vice President – Kate Hardy
- Treasurer – Anne Dunn
- Secretary – Sandy Popelka

There were no additional nominations from the floor. Ina Pour-El moved and Dorothy Sperry seconded that the slate of nominees be accepted and the nominees elected by acclamation. Motion carried.

Old Business

- Correction to September 28, 2023 minutes –
 1. Under New Business, replace “Programs and Education Committee Report” with “Projects and Activities Report”.
 2. Under Projects and Activities Report – change second item to “Baby blankets were collected during the September meeting and will be donated to MercyOne NICU.”
 3. Add Programs and Education Committee Report (Gloria Sampson) Reminder to sign up for ISU Tour of ISU Department of Apparel, Events and Hospitality Management (AESHM)
- The minutes were approved as amended.
- The treasurer’s report is approved.

Program: Guest speaker, Carol Lyles Shaw, presented via Zoom on the topic “What is a Modern Quilt”. To sign up to receive Carol’s newsletter, go to <https://carolelylesshaw.com> and then newsletter signup.

Committee Reports

Programs and Education Committee Report –

AQG End of Year Holiday Celebration – December 7

Dinner time at 6 p.m. Committee will provide main course items. Members bring other content-labeled food items (salads, veggies, desserts, etc.) Bring wrapped homemade/handmade gift item, value \$5 or more. Put name inside wrapped package.

There was a motion to not have show and tell at the December meeting. After discussion there was general agreement that members should decide on their own if they want to show their items in December. Motion withdrawn.

2024 AQG program bookmarks will be completed prior to December meeting program reveal.

Membership renewal for 2024 – bring \$40 membership fee to December meeting.

ISU Tour Update – 35 people participated in tour. AESHM Department expressed thanks for fabric donated for student use. There may be an opportunity to use the ISU labs for AQG workshops or sewing events.

CASA space tour – 10 tables, lovely space for small group meetings or sew-ins.

New Business

Reminder - No meeting on the 4th Thursday of November.

Future AQG Newsletters will feature small groups and their activities.

Anyone interested in Modern Quilt small group should contact Alice McGary.

Minutes recorded by Kathy Jones, Secretary for the Day