

Executive Board 2024

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

Committees 2024

Email Blasts

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Newsletter

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Kathy Jones
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Service

Janell Eby
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Webmaster & Sound

Steve Huffman
Char Hulsebus

Small Groups

- Kate Hardy
- Charity Quilts
- Electric Quilt 8
- Modern Quilts

For questions contact:
amesquiltguild@gmail.com

Newsletter Submissions

Due the 10th of each month;
email to:
pdgeringer@yahoo.com

March 28th AQG Program

Quilts of Valor Program Presenter



Ames Area Quilt Guild (AAQG) member Kathy Jones retired from Iowa State University in 2013 as University Registrar Emeritus. Since her retirement, her interest in quilting has expanded to include various philanthropies. She started making Quilts of Valor (QOV) in 2018 and became the Iowa Coordinator in 2019 for the Quilts of Valor Foundation. She would like us to know that this Foundation is a volunteer-based organization that has awarded over 350,000 Quilts of Valor to service members and veterans who have been touched by war. Iowa QOV currently has over 600 members and more than 30 groups across the state. In this presentation she will discuss the history and mission of the foundation, the process of making and awarding Quilts of Valor, and the comfort and healing this program has on our service members and veterans. Kathy will discuss how to nominate a veteran or service member to receive a Quilt of Valor, the requirements for making and presenting a Quilt of Valor, and the process for reporting the Quilt of Valor so that is counted as an official QOV.

Please consider donating red, white, and/or blue fabrics on the night of our meeting. We will be cutting the fabric into star blocks for a Quilts-Of-Valor Sew-A-Thon in May. More on that later. If you want to make a monetary donation to Quilts of Valor, you are welcome to do so by writing a check to Quilts of Valor.



MARK YOUR CALENDAR for these AQG Activities:

- Thurs., May 2, 9am-4pm, Stone Brooke Clubhouse—**Quilts of Valor Sew-A-Thon**; more info next month
- Fri., July 26, 9am-3pm, CASA Fiber Arts Node— **Star Formation Scrappy Quilt Workshop** by Nancy Haack, Thursday night's AQG speaker; more info to come.



SHARPS: Recycle & Protect!

Bring your sewing sharps each meeting and drop them in our AQG recycling jar. Sharps include needles, pins, rotary blades, razor blades, seam rippers, etc. Sharps can injure a worker handling them at the Ames Resource Recovery Center.



THANK YOU for...

"TREAT"ing us so well!

Thanks to Sandy Popelka, Marge Fitzgerald and Shari Hanger for our delicious February treats!

Thanks in advance to those who are providing our **March TREATS**:

- Kathy Glatz
- Barb Hedberg
- Joanne Kerton
- Ann Wilber

Note: Our arrangement to rent the fellowship hall does not include use of the kitchen or kitchenware. Please provide serving utensils for the treats you bring to meetings.

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, & bring something for Show & Tell!

Visit us at:
www.amesquiltguild.org/

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



President's Corner



I'm very grateful for the work of volunteers who keep the guild running. There's a considerable amount of work that goes on behind the scenes to bring you monthly programs, keep you informed through our newsletter, website, Facebook group and guild mailing list, and keep us supplied with snacks at our meetings. Please show your appreciation to these folks by thanking them, but also by making their jobs easier. For example, please update your contact information with the membership committee as needed; talk to the hospitality committee about taking a turn to bring snacks; consider writing an article for the newsletter; help the charity committee load donations into their cars after the monthly meeting, offer to help deliver donations, or help the program committee when they need volunteers for an event. Even if you are not able to join a committee, there are many ways for you to help our guild run smoothly. I appreciate your willingness to step up!

Happy quilting, Joanne Kerton

2024 AQG Programs

January 25—Mischelle Hardy
Sew Bee It Quilt Shop*
Triangles on a Roll

February 22—Kathy Glatz/
Susan Fraser
Mini-Workshops:
AccuQuilt/Math for Quilters

March 28—Kathy Jones
Quilts of Valor

April 25—Phyllis Schrag
**Storytelling Through a Bed
Turning**
*Special Guest Event***

May 23—Tammy Silvers
**AURifilosofy -
The Mystery of Aurifil Thread
(ZOOM)**

June 27—Connie Lovelady
Connie's Quilts - Trunk Show

July 25—Nancy Haack***
**What do I do with all these
scraps?**

August 22—Carolyn Abbott
Inspiration for Quilts

September 26—Mary Lynch
**Chair Yoga with a Quilting
Twist**

October 24—Connie Lovelady
Off the Rails Quilting*
Jen Kingwell Quilts

No Meeting in November

December 5—Holiday
Potluck & Fun

*Speaker will be vending

**Held at Ames Public Library Auditorium

***Workshop scheduled

From the Quilting Bookworm

Think that English paper piecing is just hand-sewing 100s of small hexagons into rings and then sewing together ring after ring until the piece is big enough for a quilt top? Check out *All Dolled Up* and *Piecing It All Together* by JoAnne Louis and Chris Moline. While the clear and concise instructions on how to cut fabric and templates, baste templates, sew the basted shapes together, remove the templates and finally finish the quilt edges are the same in both books, the patterns themselves are not. Each book contains around 10 interesting project ideas. Pieces can be cut in many shapes ranging from simple triangles to elongated hexagons or, in some cases, bizarrely-shaped quadrilaterals. Shapes can be arranged in rings, blocks or rows, separated by sashing or not, or even crazy quilt formats. Some patterns use only one shape, while others combine several. Check out the pattern for English paper pieced applique flowers which includes instructions on how best to remove the paper after the appliqueing has been completed. More important than the patterns themselves, is the eye-opening introduction to the possibilities of this well-known technique. Anyone interested in hand-sewing as it relates to quilts should check out these books. Both books were donated to the Guild and autographed by the author, Chris Moline. Enjoy!

Until next time~ QB.

ISU Fashion Show Update

The 2024 ISU Fashion Show will take place on **Saturday, April 20, at 7:00 p.m. at C.Y Stephens Auditorium**. The production has a nearly sold-out attendance of over 5,000 who witness the culmination of months of student work.

A little history from their website...*In 1982, the ISU Fashion Show began as a simple runway show in a MacKay Hall classroom. Over the past 42 years, it has become one of the largest student-run fashion shows in the nation and is produced by nearly 150 students. Student models showcase garments chosen by industry guest judges. Garments included in the show were designed by over 75 Iowa State students from the Apparel, Merchandising, and Design program.*

Tickets will go on sale on Monday, March 11. They are available on Ticketmaster or at the Iowa State Center Box Office. If you go to the box office in person, you will avoid significant fees added through the Ticketmaster website. Tickets range in price from \$16-31, depending on location. There is a \$2 per ticket discount on all orders of 6 or more full price adult tickets. Learn more at: <https://aeshm.hs.iastate.edu/current-students/community/fashion-show/>

Have an idea for a Program?

Send it to:

Kathy Glatz,

kathyglatz1@gmail.com



Giving...

2024 Progress	Service Projects	Goal	Due	March	YTD
	Stockings for Military		September		
	Placemats for MOW	200	October	35	35
	Charity Quilts		Ongoing	13	19
	Pillowcases - SHP & YSS		Ongoing	55	104
	Walker Bags for OWL		Ongoing	4	4

Our Donated Quilts are Used and Valued at Gilbert Middle School

by Phyllis Schrag

As a volunteer reporter for KHOI FM 89.1 program entitled "Local Talk" which airs M-F from 7-8 am, I was assigned an interview with Gilbert Middle School counselors during National School Counsellor week last month. During the interview, I noticed several of our AQG kid quilts resting on a couch in their welcome room. I recall a few years ago, before we made quilts for SHP, we had a few quilts that needed a home. Apparently, they were delivered to Gilbert Middle School hoping they would be put to good use. That is clearly the case, because during the interview Ms. Gibert (left) and Mrs. Thomas (right) explained how much they value those quilts because when students debrief in the counseling center's quiet room, they often snuggle up with one of the quilts, and regain lost composure, energy, and momentum. On behalf of the students, the counselors send their warmest words of gratitude for these quilts.



Thank You for Giving!

The donations table was full after the February guild meeting. Donations included 4 walker bags, 1 baby quilt, 9 larger quilts, 35 placemats (a nice start toward our 200 goal), and 55 pillowcases!! There were 36 additional pillowcase kits available at the guild meeting. Many of you picked up one or more kits to sew at home. Thank you in advance for those donations.

After the Feb 2nd Sew-In, 30 pillowcases were taken to Mary Greeley Hospital (MGH) for their pediatrics unit. Sick children or those kids in for surgery choose a fun, colorful pillowcase to use while in the hospital and then take home. Danielle, the coordinator, was very appreciative and loved all the fun patterns. An additional 40 of the pillowcases donated at the February guild meeting will also go to MGH. Originally, we thought pillowcases would also go to YSS, but they received "tons" of donations from several churches and another Ames quilting group. We will check again in a couple months to see if there is a need then. Fifteen of the pillowcases are also on the way to Sleep in Heavenly Peace (SHP). We anticipate that more pillowcases will go to SHP in the future. They will be used as gifts for siblings of the SHP bed recipients who are not receiving a bed themselves.

Sleep In Heavenly Peace (SHP)

Thanks, again, for your recent donation of quilts. I took inventory, and it looks like we should be good through May. A little bit depends on if the applicants are boys/girls. We have more quilts applicable to boys vs. girls in about a 2:1 ratio. So, perhaps your members could veer to girls quilts for a month or two.

Please be sure to contact me if any questions.

Sincerely,

Bob Olinger
Ames SHP



We continue to accept quilt block donations in 2024

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 (RWB not required).
- 3.5" X 12.5" blocks: used to make quilts for SHP.

Keep those blocks coming!

The walker/wheelchair bags are a new item on our donations list. They will go to On With Life (OWL). Visit the AQG website to find links to patterns on the Service page (<http://www.amesquiltguild.org/service.html>) or you can Google free walker bag patterns.

Thanks to Evonn Walling who has volunteered to sew together the donated 3 1/2" x 12 1/2" blocks. We have gathered enough for another quilt. Also 20 10 1/2" blocks were donated at the meeting and will eventually join others in a quilt. We continue to accept all the above types of donated items at each guild meeting so, when the urge strikes you, whip out a small project or two and bring them to any guild meeting. We will find a good home for each item.

For a complete list of area organizations accepting donations of fabric, quilts and other items, visit the Service page on the AQG website (<http://www.amesquiltguild.org/service.html>).

Service Committee: *Janell Eby & Charlotte Menzel*



FROM YOUR QUILTING PEEPS...



AQG Member Spotlight: Michele Olsen

My husband, Tom, and I lived in South Dakota our entire lives until we moved to Ames in the fall of 2023. Our son and his family live here and our daughter is in AZ, near where we used to spend winters. I taught full-time at the elementary level for three years, then was a substitute teacher, farm wife, mother and community volunteer.

My mom taught me how to sew on a Singer treadle when I was about 12 and my grandma showed me how to hand quilt in 1990. I pieced and tied my first quilt in 1985 so our son could rest on something soft at kindergarten, instead of a plastic mat. I started machine quilting with a walking foot in 2007 and took my first free-motion class three years later.

Quilting is in my blood; I'm at least a 4th generation quilter. I love creating things that are pleasing to the eye, like wall hangings and table runners as well as quilts that are useful. I guess I would say I enjoy the design process the most.

My tip for the AQG members is to label your quilts and keep a record of your projects, preferably with photos. Because of my journal, I know I've made over 1000 quilted items from 12" square to queen-size, more than half of which went to various charities.

I'm excited to be a part of the Ames AQG and I look forward to the upcoming programs and seeing everyone's amazing quilted creations at show-and-tell.



VOLUNTEERS STILL NEEDED FOR THE APRIL BED TURNING PROGRAM

We still need two volunteers, to join **Ann Wilbur** and **Gloria Sampson** on QUILT SECURITY for our April 25th Bed Turning Event at the Ames Public Library. QUILT SECURITY volunteers are needed starting April 1 and on the night of the event, to work with the AQG members whose quilts were chosen for the Bed Turning. Don't worry, you will not be doing the choosing!

Duties are:

- April 1st--Contact 5 members whose quilts have been chosen (you will be given their contact info) to arrange for quilt pick up or delivery (quilts need to be at the Ames Public Library's auditorium by 5:45pm on Thu., Apr. 25th)
- Meet at the Ames Public Library's auditorium by 5:45pm on Thu., Apr. 25th to receive the quilts from the 5 members you've contacted and/or bring the quilts you've picked up.). You will be wearing white cotton gloves that will be provided.
- Work with the other QUILT SECURITY people and Kathy Glatz to help get the 20 quilts on the "bed" (two tables together) in the reverse order of how they will be presented.
- Stand at a table at the side of the auditorium to refold the quilts once they have been shown and stack them on a pile, so you can keep track of your 5.
- Return your 5 members' quilts once the show is over (either to them at the event or by delivery)

To volunteer, please contact **Kathy Glatz** at 515-451-3202 or kathyglatz1@gmail.com.

Note: **VOLUNTEERS ARE ALSO NEEDED** to take our Bed Turning posters to area quilt shops. Posters will be available at the March AQG meeting.

Does AQG have your current contact information?

Please visit the Members Only page on the AQG website and download the Member Directory (<http://www.amesquiltguild.org/member-directory.html>). Review your information and email corrections to Dorothy Sperry (dorothysperry49@gmail.com). If you need directions to access the Members Only area of the website, please refer to the recent email about this from President Joanne Kerton.

Membership

The Ames Quilt Guild has taken in 6 new members so far, bringing our number of paid members up to 54. We'd like to get our numbers back up to pre-COVID time. For those of you who are getting the newsletter, but haven't paid your dues yet, we'd love to hear from you! If you are a snowbird, let us know when you're planning on being back. Or just keep in touch to let us know what quilting projects you've been working on recently, and if you are planning to remain in the Guild this year. We'd like to make sure you continue to get our colorful and newsy newsletter, so please email or call Dorothy Sperry, the membership chair. Dorothy's contact information is dorothysperry49@gmail.com, or phone 515-231-6927. We hope you can all at least make it back by April 25th for the special "bed turning". It is shaping up to be an interesting party, to be held at the Ames Public Library. See you soon!

Membership Chair: *Dorothy Sperry*

Make your own quilt basting spray.

It's more economical and environmentally friendly than what you can buy.

3 c water
4 Tbsp flour
1 c rubbing alcohol

Boil 2 cups water. Shake the flour and

1 cup water together. Add mixture to boiling water and continue to boil while stirring with a whisk until it thickens like gravy. Cool completely. Pour into a spray bottle and add rubbing alcohol. Shake before each use. It works best to spray it on the batting and then press the quilt on the front and back, making sure it's completely dry before quilting.

Submitted by: *Michele Olsen*

The Third Hand Binding Folder Clip

by Purple Hobbies
attaches to your ironing board. It makes ironing binding strips much easier. They make different sizes.



Submitted by: *Janell Eby*



Quilting Tips Welcome!

Tell us about your favorite tool, trick, technique, product or resource! Send your tip to pdgeringer@yahoo.com.



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One Quilter's Experience

Darlene J Silverman

I do not hold myself out as an expert. I know that many of you know so much more than I do. I share my experience in the hope of helping newer quilters as well as to stimulate conversation among more experienced quilters. I welcome feedback and differing views, as we are all on this journey together and can only benefit from hearing each other. (If you are reading this in the newsletter, please weigh in on Facebook.)

Slumps (Getting your Mojo back) [With assistance from the Remnants Bee]

You know what I'm talking about. You just aren't feeling it. You look at your UFOs and think "meh". You don't even want to look at your current projects. You avert your eyes from your sewing machine as you walk past. You have lost your quilting mojo. You have temporarily fallen out of love with quilting.

It is time for a relationship intervention between you and quilting. You need to find a way to fall in love again. Relationships with your fellow humans are above my paygrade, but a relationship with quilting I am willing to address. Based on my own ex-

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perience (and after input from friends), I offer the following suggestions as possible ways to re-spark your love of quilting (in no particular order):

- Go to a quilt retreat.
- Go to a quilt show.
- Go fabric shopping (preferably with a friend!)
- Trade projects with a friend.
- Do a very small project (a wall quilt, a placemat, a potholder).
- Make a single block you have always liked but find intimidating (a feathered star or a lone star come to mind) — not a quilt, not a table runner — just one block. Take your time and focus on the technique of construction of this block. You don't need to make anything with it just now. Pin it to your design wall and just enjoy the pretty!
- Do a swap/round robin/group project.
- Teach someone else to make a quilt (maybe a child?).
- Make a simple charity quilt using some of your favorite colors/fabrics.
- Attend a comfort quilt workshop.
- Do a challenge.
- Take a class in order to learn something new.
- Try something very different from what you usually do — different style, different colors, different techniques.
- Pull out your UFOs. One of them might speak to you now. Consider ways to change it so that you will like it. Does it have to be a king-sized quilt? Could it be a table runner instead? Or a quilt block on a tote?
- Clear out some of your UFOs. Give yourself permission to let go of a project to someone who might want it or (blatant plug) the UFO bee.
- Look through books/magazines/pinterest for new projects. Not necessarily to start, if you aren't feeling it. You can just admire the work of others!
- Buy a kit. Maybe you just need a break from the fabric-selection process.
- Tidy or even re-organize your sewing area. Clear the decks and freshen your space.
- Join/form/re-engage with a bee or find a quilting buddy.
- Take that leap and make an original quilt design.
- Just go ahead and give yourself permission to take a break, but set a specific time to ease back to it.
- Write an article for the Guild newsletter. (Works for me!)

So, until you get your mojo back, is it okay to cheat with another craft while taking a break from quilting? Well, really, this is between you and your conscience. Only you can decide if you are willing to have an open relationship with quilting. I think that, as long as you keep a corner of your heart firmly devoted to your love of quilting, you can also find room in your life for other crafts. I have found that renewing my love of writing has actually reinforced my love of quilting. (Although, to be fair, I write about quilting!)

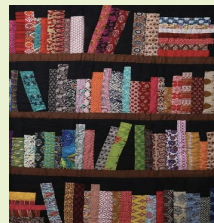
What have you done to get past your slump moments? Please add to my list and share with the rest of us!

If you enjoyed Darlene Silverman's story, consider writing about your quilting life for the newsletter. Send it to pdgeringer@yahoo.com

“Dedicated quilters” (those who spend more than \$500 per year on quilting) buy, on average, 99 yards of fabric a year, almost an entire football field's worth!

PLEASE TAKE ADVANTAGE OF OUR LENDING LIBRARY.

There are so many great books with ideas, patterns, and interesting concepts for quilters.



Turn the page
for the
AQQ February
meeting minutes and
financial report.

Ames Quilt Guild – Business Meeting – February 22, 2024

This evening two of our members provided the program. Susan Fraser gave a presentation on Math for Quilters. Kathy Glatz demonstrated the AccuQuilt cutter. Thank you, ladies, for this information.

Old Business:

Thank you to Char Hulsebus and Kathy Glatz for hosting the Pillowcase Sew-In at the Stonebrook Clubhouse. Members that attended completed 43 pillowcases for Sleep in Heavenly Peace. Additional Pillowcase kits are available for those members to take home, stitch and return at a future Guild meeting.

Kudos to Monica Howard-Martin for her KHOI Quilt Show! Monica was featured in an Iowa State Daily article regarding her quilts. Monica's quilts will be on display on Saturday, February 24 from 2-4 pm.

Correction to January Minutes Budget report – the expense amount is for ALL expenses, not just for programs.

New Business:

Judy Vance has volunteered to maintain the AQG Library. Judy has relinquished the responsibility of preparing information for the Membership Spotlight in the monthly newsletter. If you are interested in assuming this project, please contact Joanne Kerton.

Saturday, March 16, 2024, is National Quilt Day. The Guild will host a virtual sew-in that day. Happy Sewing! Good day to work on the Guild's service projects.

The Oskaloosa Stitch In Quilt Guild will be hosting a Quilt Show April 5-6 if anyone is interested.

Joanne Kerton announced that a person has inquired about hiring a Guild Member to make a quilt. This person's friend was making a quilt, but unfortunately passed away before she could finish the quilt. The finished quilt will be donated and presented to a Veteran at the Marshalltown Veteran's Home by Quilts of Valor. If you are interested in helping this individual and making this quilt, please contact Joanne.

Committee Reports:

Joanne presented gifts to our guests and new members.

Programs – Kathy Jones will present a program on Quilts of Valor (QOV) at the March 28th meeting. Please donate Red White and Blue Fabric at this meeting and during the May meeting this fabric will be cut and made into a quilt to be donated to QOV.

Kathy Glatz announced that Saturday, April 20th (at 7 pm) will be the Iowa State Fashion Show for those interested in attending. Please visit the newsletter for more information.

The April Meeting will be held at the Ames Public Library (Farwell Brown Auditorium) and will be guest night! Phyllis Shrag will present "Storytelling Through a Bed Turning." The committee is accepting applications from members to submit quilts to be displayed for this program. Applications for submitting a quilt are on the website. The committee needs four additional members to help with Holding Quilts and Quilt Security. If you are interested in helping, please contact Kathy Glatz. REMEMBER – this meeting will be Guest night – So Bring A Friend!!

Membership committee: Dorothy Sperry announced that there were 41 members in attendance and two new members.

Reminder – At each meeting, there will be a Sharps Container available to dispose of used needles, pins, or rotary blades. Once the container is full, the used sharps will be delivered to the Ames Recovery Plant for disposal.

The meeting concluded with Show and Tell!

Happy Quilting! See you March 28th!

Respectfully submitted.

Sandy Popelka

Ames Quilt Guild Treasurer's Report

Checkbook balance as of 1/31/2024 \$ 5,807.02

February 2024 Summary	
Income:	
Membership	\$ 440.00
Donation	\$ 400.00
Program/Education (Retreat)	\$ -
Fundraising (Fabric Sale)	\$ -
Total Income	\$ 840.00
Expense:	
Hospitality	\$ 30.35
Membership	\$ -
Program/Education	\$ 36.00
Room Rental	\$ -
Service	\$ -
Web Site	\$ -
Total Exp	\$ 66.35
Net Income (Loss)	\$ 773.65

Year to Date	% of Budget	Full Year Budget
\$ 2,080	74%	\$ 2,800
\$ 1,020		\$ -
\$ -		\$ -
\$ -	0%	\$ 500
\$ 3,100	94%	\$ 3,300
\$ 30	40%	\$ 75
\$ -	0%	\$ 50
\$ 215	9%	\$ 2,500
\$ -	0%	\$ 825
\$ -	0%	\$ 500
\$ -	0%	\$ 100
\$ 246	6%	\$ 4,050
\$ 2,854		\$ (750)

Checkbook balance as of 2/29/2024 \$ 6,580.67