

Volume 1/Issue 10
October 2022

Ames Quilt Guild



Executive Board 2022

President—**Phyllis Schrag**,
phyllis_schrag@mediaco
mbb.net

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

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

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

Committees 2022

Projects and Activities

Sheila Arney
Ramona Tapper

Communications

Kathy Jones-Facebook

Sharon Boen-Email
Blasts

Kathy Glatz-Newsletter
Coordinator

Steve Huffman-Web
Master, Sound

Hospitality

Barb Holst

Programs & Education

Betty Baker

Gloria Sampson, Asst.

Membership

Marge Fitzgerald
Susan Fraser

Newsletter

Submissions—due the
10th of each month;
email to
kathyglatz1@gmail.com



Ames Quilt Guild NEW MEMBER Spotlight

Fay Carmichael

I was a sewist of garments from age 12 and thought quilting was for old ladies like my mom. When I bought a new Viking™ machine in 1997, the dealer offered a beginning “quilt-in-a-day” class. I was hooked immediately. I finished that queen-size quilt in 2017. It was a UFO for 20 years!

I love all creative projects, but the colors and textures of quilting fabrics is what makes quilting my favorite craft. I love pulling the different colors together so they “sing” in harmony.

Giving quilts to my family is my joy. They all treasure the quilts that Nana makes especially for them. That feeds my addiction to quilting.

Quilting is something that I can work on, and it stays done, unlike cooking or housework.



Fay Carmichael



2024 Programs Committee Announced

The AQG Program Committee for 2024 is chair **Kathy Glatz, Deb Frizzel, Kathy Jones, and Gloria Sampson**. Thank you so much for stepping up to take care of this important project. We give our thanks to **Betty Baker** for arranging all the 2023 programs. A full list of 2023 programs will be made available in the new year.

to
Sheila Arney
Ramona Tapper
Sandy Popelka
and Barb Holst
for providing
our delicious
snacks at the
September meeting



October snack
providers will be

Dorothy Sperry
Char Hulsabus
Kathy Jones
and Deanna Jordan

Monthly Meetings

Held the 4th Thursday
First United
Methodist Church
516 Kellogg
Ames, Iowa

6pm
Social w/Snacks

6:30pm
Meeting

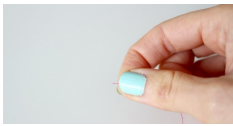
Mask use is at the
discretion of those
attending AQG
meetings.

I only quilt
on days
that end in
"y." Unknown

Helpful Hint #2

Tips for Threading a Sewing Machine Needle

1. Trim the thread end; then wet the end with your own spit.
2. Shed some light on the situation. Thread needle eye from front to back.
3. Place your finger or a white calling card behind the needle eye.



4. Hold the thread close to the end.
5. Use an automatic needle threader.

Monica Howard-Martin, Assistant Dean of Veterinary Student Success, receives Regents Excellence Award



*Congratulations
Monica!*



Monica Howard

Monica Howard won the Regents Award for Staff Excellence, which is presented by the Board of Regents, State of Iowa to recognize members who are outstanding university citizens and who have rendered significant service to Iowa State University and/or to the state of Iowa. Monica received this award for stepping in and supporting a student who was not in a great space. Monica personally took time to ensure the student got the support they needed and continued to check-in until the student was in a safer space, and in a better position to handle their academics.

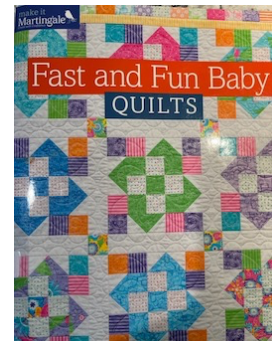


Fun Baby Quilts

By Kathy Glatz

My 89-year-old mother has sewn too many quilts to count in her lifetime. Now, she only pieces baby quilts for her great-grandchildren, or should I say, she only sews pieces of fabric together. I am the daughter (the only one of five) who decides on the pattern, buys all the material, or gets it from my stash, and cuts out the pieces, presses after she sews, and sews on the binding once the quilt is machine quilted. I have learned to put together baby quilt kits. We didn't make any quilts during the two years of Covid; when we did get together again this past May to piece one, she realized how much she had missed quilting. With all 10 great-grandchildren having a baby quilt made by their great-grandmother, we are now stockpiling baby quilts for future great-grandchildren. My mom has a big smile on her face whenever she gives a quilt to the expecting parents.

Always looking for a new pattern, I did peruse the baby quilt books in AQG's library last month and have a book to recommend: ***Fast and Fun Baby Quilts*** by Martingale & Company, 2013.



The Quilt on the book's cover, "Rolling Along", uses a Jelly Roll to create a quilt of nine-patch with flying geese blocks. What a bright quilt, suitable for a boy or girl.



Another pattern, "Big Boy Blue", features a double nine-patch design. This quilt could easily be made in any color and from scraps as the individual squares in each small nine-patch finish at 1 1/4".

Finally, "Tender Hearts", is a pattern With easy heart blocks made from Folded corners. I'm sure that I have a variety of reds and pinks in my stash for this quilt.





Ames Quilt Guild Member Spotlight

Sandy Popelka

My name is **Sandy Popelka**. I recently retired after 45 years of service to Iowa State University, College of Veterinary Medicine working as an administrative assistant in the Department of Veterinary Clinical Sciences - Lloyd Veterinary Medical Center. My husband, David, recently retired from ISU after 43 years. We have 2 grown sons, 1 daughter-in-law, and 3 (4 in 2023) adorable grandchildren (2 boys and 1 girl for now). To round out our family we have 3 dogs (Schipperkes) and 2 grand-dogs. Susan Fraser and Sharon Boen - both members of the Ames Quilt Guild – are my sisters.



Sandy Popelka

My first quilting experience was when our Grandma Ripley (maternal grandmother) visited for a couple weeks one summer. She brought along a large wooden quilt frame that we set up in the living room where we all took turns helping Grandma hand-quilt the quilt top while watching *As the World Turns* and *Lawrence Welk* – (not that exciting for a pre-teen!)

When I was young, most of the sewing at our house was making clothes. Both Grandma Ripley and our mother, Virginia, were quite accomplished seamstresses. My biggest accomplishment was making a stuffed animal for my nephew and making myself a jacket and matching pants; along with other apparel for my nieces and nephews. We never did any quilting, as our mom didn't like to chop up fabric just to put it back together again. (She had probably helped her mother cut up too much fabric when she was young.)

I didn't sew very often after my boys were born. In 2002, my niece talked me into taking a quilting class at the Quilt Connection. I made my first nine-patch and a quilt for both of my boys and one for myself on the sewing machine my parents gave me as a high school graduation present. In 2012, I was diagnosed with breast cancer and had a bilateral mastectomy along with chemotherapy treatment. One day, David and I went to Des Moines shopping; and on the way home, he said he'd like for me to make him a table topper for a table in his office. So we stopped at the Quilt Connection for him to help pick out the fabric. Kelly met me at the door to help, however, I was a little confused when she took me to the machine area of the store and started showing me a new Viking sewing machine. Unbeknownst to me, David had previously contacted Kelly, and to my surprise, had purchased this new sewing/embroidery machine as a celebration for the end of my chemo treatments! What a Guy!!

Since that time I have made several quilts from table toppers to king-sized bed quilts.

I am enjoying retirement, as I now have more time to enjoy my sewing room and spending time with my dogs (ok and the husband too! – hee hee!)

President's Corner



What a fun year we have had! As we bring this AQG year to its close, I am looking forward to seeing all of you at the October meeting and again at the combined November/December meeting on Thursday, December 1 when all members bring a food item to share. Each meeting gives those who attend a chance to learn something new, make a new friend, renew connections with long-time friends, and always celebrate each other and the quilting arts. I continue to be amazed at the talent you display in your sharing of finished quilts, food, tips, and your time and talents to keep the organization running smoothly.

I am pleased to announce that committee chairs and our current officers have all agreed to serve another year. Thank you! Additional nominations from the floor will be accepted during the business portion of the October meeting prior the vote.

As we look ahead to 2024, please know that the current slate of officers will need to be replaced. According to the by-laws, no officer may serve in the same position more than two consecutive years. With that in mind, please consider making yourself available to serve in whatever position you are most comfortable. To help in that process, I would like 2 or 3 people to volunteer to form a nominating committee. That committee's job would be to seek people to run for the positions of President, Vice-President, Secretary, and Treasurer of the 2024 AQG year. Those nominated officers would be presented at the September 2023 meeting with a vote taken at the October 2023 business meeting.

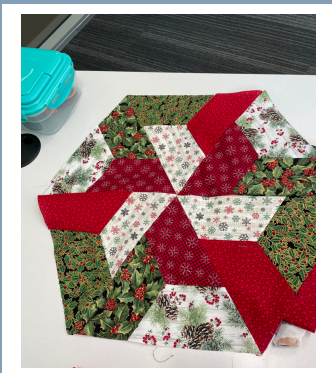
Additionally, Sheila Arney and Ramona Tapper will continue providing special projects through 2023. Thank you, Sheila and Ramona! If the AQG wishes to continue with interesting, quilt-related projects in 2024, Sheila and Ramona will need to be replaced. If no one steps up, we will discontinue that portion of our meetings. *Phyllis*

Barbara Splett to Demonstrate Hexies at October 27th AQG meeting

Ames quilt enthusiast, **Barbara Splett**, will talk about "Hexies" and "Half-Hexies" at 6:30 pm on Thursday, October 27.

The Ames Quilt Guild will be given a step-by-step demonstration on how to cut, sew, and transform strips of fabric into hexagonal patterns. These "hexies" can be used to make table toppers of various dimensions; this technique is also great fun to make into an entire quilt.

Barb first presented the concept at Block Builders, an interest group in the ISU Women's Club. She will bring several examples of her recent work. Note taking is encouraged.



Barbara Splett

Treasurer's Report

Current Balance

\$3668.28



**Coming in
November/
December**

**Ames Quilt Guild
Member Spotlights**

**Emily Vardeman
Carolyn Brockman**

Ames Quilt Guild
Meeting Minutes—September 22, 2022

1. Welcome

- a. Meeting called to order at 6:30PM by President Phyllis Schrag

2. Announcements

- a. Newsletter Check-in: If you don't get the newsletter, notify Phyllis by email at phyllis_schrag@mediacombb.net. Also, Kathy Jones does post an announcement on the Ames Quilt Guild Facebook page when the newsletter has been sent to your email.
- b. AQG Receives Award: Monica Howard won the Regents Award for Staff Excellence (see article elsewhere in newsletter)
- c. Scrappy Quilt Update: Reminder to submit 12.5" X 3.5" scrappy quilt blocks. These blocks are used to make scrappy quilts that will be donated to a group called Sleep in Heavenly Peace--For every 5 blocks submitted, you can enter your name into the drawing for a \$10 gift card. Kay Wessman won this month's gift card.

3. Old Business

- a. Approval of the July 2022 minutes--Minutes approved
- b. Treasurer's Report--Approved as printed in the newsletter

4. New Business

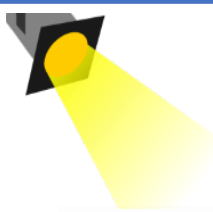
- a. Susan Update: Sharron Boen shared Susan had surgery a week ago Tuesday. Everything went well and no follow-up treatments are needed. She is now resting at home.
- b. Quilts on Facebook proposal: Shawna proposed no longer including names on the posted quilt pictures on the AQG Facebook page. Additionally, all pictures will be posted. If a member does not want their picture posted, they are to let Shawna know--Motion to approve given by Sandy Popelka; second Kate Hardy; motion approved.

5. Committee Reports

- a. **Activities/Projects** (Sheila Arney, Ramona Tapper)
 - i. The babies are here! The gender reveal and baby blanket show-and-tell was shared. Those who wanted, could donate their baby blanket to the NICU in Des Moines and approximately 20 blankets were donated.
- b. **Hospitality** (Barb Holst)
 - i. Sign-up was completed for the remainder of 2022
- c. **Membership** (Marge Fitzgerald, Susan Fraser)
 - i. 3 Guests: Ann Dunn, Faye Carmicle, and Char Menzel
 - ii. 1 New Member: Wanda White
 - iii. 42 total in attendance

6. Program

- a. Sue Koehler and Mary Brinkman shared their story of making mittens from sweaters to help local charities.
 - i. If you were unable to attend the program, a great news article on their story can be found at <https://www.kcci.com/article/this-is-iowa-making-many-mittens/31075581#>.
 - ii. The patterns they use for their mittens can be found at https://forestquilting.com/wp-content/uploads/2019/12/2019_Mitten_Directions_ForestQuilting.pdf



Ames Quilt Guild Member Spotlight

Annette Miller

My name is **Annette Miller**. I was born in Redding, CA, and moved to Lancaster, TX, when I was 12. It was in TX where I met my husband, Wade. We attended high school together, dated through college, and then married. In 1980, we moved to Iowa when my husband was hired by ISU. I did teach middle school history in TX and was a substitute teacher in Gilbert. I have 2 sons and 3 grandchildren.

I didn't pick up quilting until I moved to Iowa. Before that, I sewed simple dresses. At first, I learned cross-stitch from friends in a neighborhood weekly play group. Some of them quilted too. I took some classes through Adult Education and later at Quilting Connection. My first quilt was a "Trip Around the World" wall-hanging. From there, I went on to sew Log Cabin quilts for our boys. Over the years, I've sewn quilts for babies, grandchildren, graduations, weddings, charity quilts, signature quilts for retirees, pastors moving away, and even entered some in a quilt show. A T-shirt quilt won a blue ribbon at the Iowa State Fair. It was a staggered Sawtooth Star layout.

I love the way a quilt comes together with all the different fabrics. Civil War up to 1900 is my favorite era of quilts. It must fit in with my love of history and antiques. Facilitating the Jo Morton Little Women's Club increased my interest in scrappy miniature quilt making. My favorite block is Sawtooth Star. I truly enjoy the piecing process the most. Although, I do some machine quilting on smaller quilts, most of my quilting is by checkbook!

My one hint I found very helpful is to use spray starch before cutting. I've found it makes my finished block more accurate, which is very helpful when making miniature quilts with triangles.

I think my friendships with other quilters and attending quilt shows, as well as

retreats
interest
quilting.
mostly
stash
my
books
patterns.
nice
room
lighting;
place to
and to



keep my
strong in
I sew
from my
and from
library of
and
I have a
sewing
with good
that is my
escape
create.

Annette Miller

**Des Moines Area Quilters Guild's
Mall in the Hall
Saturday, November 5**

DMAQG will once again hold the Mall in the Hall. It is the largest quilter's rummage sale in Iowa. Would you like an opportunity to purchase quilting supplies, fabric, patterns, and books at bargain prices?

Date: November 5, 2022

Hours: 9 am – 3 pm

Location: Gym at West Des Moines Christian Church,
4501 Mills Civic Parkway, West Des Moines

You can begin lining up for admission at 8 am. Those in line will be given numbers. Up to the first 100 people in line can gain early admission to the sale at 8:40 am by making a \$10 donation for Community Giving.

The sale is open to everyone so invite your friends and family to shop. Proceeds from the sale fund DMAQG's Community Giving and Education Outreach programs.