

Volume 1/Issue 7  
July 2022

# Ames Quilt Guild



## Executive Board 2022

President—**Phyllis Schrag**,  
phyllis\_schrag@mediacommbb.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**-Monthly  
Newsletter

**Steve Huffman**-Web  
Master, Sound

### Hospitality

**Barb Holst**

### Programs & Education

**Betty Baker**

**Gloria Sampson**, Asst.

### Service

Looking for a chairperson

**Kathy Glatz**  
**Char Hulsebus**

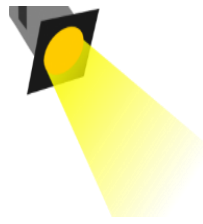
### Membership

**Marge Fitzgerald**

**Susan Fraser**

## Newsletter

**Submissions**—due the  
10th of each month;  
email to  
[kathyglatz1@gmail.com](mailto:kathyglatz1@gmail.com)



## Ames Quilt Guild Member Spotlight

### Pam Geringer



My name is Pamela Dee Geringer, or Pam. My husband and I live on an acreage east of Ames with our elderly cat. I retired from ISU in 2014 after 18 years in the Administrative Services Department.

I grew up a farm kid in eastern Iowa. My mother taught me to sew on a treadle sewing machine. Once I had developed basic sewing skills, I was allowed to use her Anchor electric sewing machine. I still have that treadle machine and my grandmother's treadle as well. Someday I hope to get them both cleaned, oiled and working again.

I began quilting in 1994, when I found a library book showing the use of handkerchiefs as medallions in small quilts. I had just acquired my mother's printed hankies and sought some way to display them. I made medallion wall hangings for family members using only a small portion of the collection. I continued to quilt after those projects were completed but made relatively few quilts. My husband saw a Winding Ways wall hanging in the Quilting Connection and really liked the secondary design. I decided I could make him a quilt, bought a book, templates, and started collecting coordinating pairs of batiks. After a year or so, I had enough fabric and began making those curved piece blocks. Ouch! It took several years to get them all finished and sewn into a quilt we love.

Quilting is a creative outlet for me. I can experiment with color and texture using blocks I've never sewn before and end up with a beautiful bed covering. Sometimes a pretty ugly one! But I learn more about design and color use with every quilt I make. I have EQ8 software and enjoy designing quilts as well. I enjoy every aspect of quilting - designing, selecting colors and patterns to carry out my vision, the technical aspects of construction so the blocks and quilt fit together precisely, and especially having something useful when it's finished. I find quilting is more fun than garment construction and like making quilts for family - weddings, babies, anniversaries, for charitable donations - and just because. I love scrap quilts but struggle to produce a beautiful result. The best tip I can share with other quilters is press, press, press!

to  
**Evonn Walling,**  
**Marge Fitzgerald,**  
and **Barb Holst**  
for providing  
our delicious  
snacks at the  
June meeting



July snack providers  
will be  
Sheila Arney  
Ramona Tapper  
Jan Alvestad  
Kay Wessman

## 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.

"Blessed  
are the  
piecemakers."

— Unknown



# July Program features Joanne Kerton

## “There Is More Than One Way to Quilt a Quilt”

<https://www.canuckquilterdesigns.com/home>

I am Joanne Kerton. I'm a proud Canadian from Halifax, Nova Scotia, though I have also lived in Ontario, Quebec and British Columbia and I have extended family in New Brunswick. My husband Charles and I and our two children (now 21 and 23) have made our home in Ames since 2003, when Charles was hired as a professor at ISU. I have a bachelor's degree in Physics and have worked in education programs in museums, but I have been happiest since I found a way to make quilting my job.

My first quilt was a wedding gift for my brother and sister-in-law. I made it over the course of a year and a half, starting in 2000. I had been curious about quilting, but money was tight. Tools and supplies for a new hobby were not in the budget. When my brother announced he was engaged, I figured I could use the money budgeted for a gift to buy what I'd need to make a quilt. A friend who had dabbled a bit explained that paper piecing was the way to go as it didn't require precise cutting, so I followed her advice and paper pieced 12-star blocks on my kitchen table over the course of several months, pulling everything out and packing it all away again every sewing session. I hand quilted this quilt and proudly presented it to Paul and Shona closer to their first wedding anniversary than their wedding.

Playing with shapes, colors and layouts can keep me happily occupied for hours even before I begin cutting fabric and sewing. Once I have a design planned, finding just the right fabric to translate it into a quilt is thrilling, then seeing all the parts come together to make something new is always exciting to me.

Making pretty things makes me happy, and the act of making something with my hands calms my mind. Crafting of some sort has always been part of my life, starting when my grandmother taught me to crochet long chains when I was very young. They were just long chains, nothing useful, and in hindsight I'm pretty sure she unraveled them and saved the yarn for me to use again the next time. Still, I was thrilled to be making something and it kept me busy and entertained. Eventually I learned to crochet, knit, and cross-stitch and I dabbled in other assorted crafts.

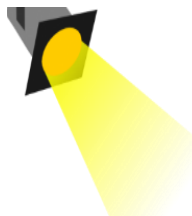
I think quilting finally took over my crafting life because I could use my quilts every day. Early in my quilting days I also dabbled in scrapbooking. I loved the creativity, but realized I rarely looked at the scrapbooks again after I had made them. My quilts, on the other hand, were used and appreciated all the time. Even the kids appreciate them and call dibs on their favorites. When my daughter's first boyfriend commented we had too many quilts in the house, I knew that wasn't going to be a forever relationship!

I'm sure everyone has heard this often, but the most important tip I have is to test your seam allowance for every project. The correct  $\frac{1}{4}$ " seam allowance is whatever seam allowance yields the correct size unit. For example, two 2" squares should yield a 2" x 3  $\frac{1}{2}$ " rectangle. The correct seam allowance might be exactly  $\frac{1}{4}$ " or it might be a few threads shy, depending on fabric and thread choices, but it's important to test and figure it out to make sure the math and geometry of a design work out.

I love quilt math! I find it tremendously satisfying to design a quilt then work out the best way to assemble it, how much fabric it will take and how to cut it. As that isn't everyone's cup of tea, I write the patterns so you don't have to. So far, I have published over 50 patterns, and there are more in progress. To see what I'm working on, please visit my blog ([www.canuckquilter.com](http://www.canuckquilter.com)), Facebook page (<https://facebook.com/CanuckQuilterDesigns>) or Instagram (<https://instagram.com/canuckquilter>).

## President's Corner

It is a happy time when quilt enthusiasts get to spend time together. Our last AQG meeting was just such a joyous occasion. I noticed too, how eagerly members met their friends to exchange the latest details about each other's lives. The room was a buzz with interest in the program, the free table, and the lending library, not to mention the delicious snacks. That is one of the benefits of a monthly meeting. Not only do we learn something about quilt making, but we also share a part of our lives by investing the time to listen to each other. I am hoping that the future will bring us together in other ways too. Last month, the 10 ½ inch block box was full of sewn strips forming blocks. Those blocks will be put together to make comforters for those in need here and around the world. This is an on-going project that is such an excellent way to use up the scraps that multiply and doing good the world over at the same time. So, I challenge you during this month, to get out that scrap bin and begin the strip sewing. I oversize my strips to 11 inches and then cut them to the 10 ½ preferred size. It only takes 48 blocks to make a 60x80 quilt top when they are sewn 6 across and 8 down. Plus, they are very colorful and deeply appreciated.



## Member Spotlight REQUEST

By Judy Vance

## Treasurer's Report

June 26 Balance.....\$4296.80

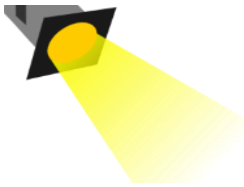
**Are you willing to supply 10½ inch squares or pieced blocks to make comforters for world relief? If so, bring them to our next meeting!**

How many of you really enjoy reading the Member Spotlights in the monthly newsletter? I know I do. I learn so many things about everyone and find connections I didn't know about. Barb Holst: I always have a counted cross stitch and quilt going at the same time too. Kathy Glatz: My husband and I will also be biking in Northern Italy this summer. Deanna Jordan: I'm also a fisherwoman. Nice bass you have there. And Steve Huffman: I want to hear more about the International Guild of Knot Tiers. I could go on about other connections with people who have been highlighted. I've found interesting items and connections with everyone. Because I enjoy reading these spotlights, I volunteered to encourage others to submit to the Member Spotlight. I want to encourage you to send a write up and picture to Kathy Glatz, our newsletter editor, on your own ([kathyglatz1@gmail.com](mailto:kathyglatz1@gmail.com)). I hope many of you do this. Another option is to contact me, and we can sit down for a visit. I'll bring a tape recorder and later write up a draft spotlight for you to look over. I'll even take your picture if you don't have one to offer. I encourage you all to participate. It's a great way to get to know each other. If you enjoy reading about other members, please toss your hat (story) in the ring too. Let me know how I can help. Judy Vance ([jmvance11@gmail.com](mailto:jmvance11@gmail.com)).

### Who invented quilting?

The history of quilting can be traced back at least to **medieval times**. There are early examples found in collections from Europe, India and the Far East. The word 'quilt' – linked to the Latin word 'culcita', meaning a bolster or cushion – seems to have first been used in England in the 13th century.





## Ames Quilt Guild Member Spotlight

### Jan Alvestad & Kay Wessman

#### Quilting Buddies

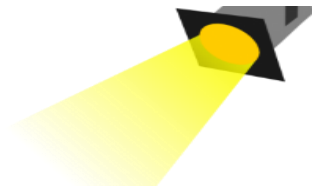
Jan and Kay are true quilting buddies. Back in the mid-70s, they were both working in the same section at the USDA veterinary diagnostic laboratory, although not in the same location. Jan, an avid antique hunter (and still is), became fascinated by the 1930s era quilts she was finding at local auctions. One day she realized, "I can make one of these," and the quilting bug hit. Jan had learned to sew as a young girl using a Singer™ treadle machine making her own doll clothes. Then Jan got Kay interested in collecting antique quilts. In the early 80s Jan led a group of women from the Ames chapter of Questers in making a log cabin quilt as a fund raiser and Kay, a longtime seamstress, participated. Kay walked away with a keen appreciation of all that went into creating that beautiful quilt, and the quilting friendship began. Kay also learned to sew when she was a young girl, mostly through 4-H and also out of necessity. It was difficult to find clothes that fit her tall frame, so she made many of her own clothes before stores started offering tall sizes. These two have gone to numerous quilt shows, guild meetings, and fabric stores together. They often ask each other for advice about fabrics, quilt patterns, quilting accessories, etc. Being good friends, and both being knowledgeable about quilting, allows them to be "totally truthful" when giving their opinions. "Does this fabric work here?" "I messed up. Should I tear this out and re-do it or let it go?" But there's also a little friendly competition involved when they compare purchases on road trips to see who "won" by spending the most! At times they have sewn quilts together and they often swap fabric or end up buying the same fabric. In 2006, they bought a long arm machine together. After four years of sharing, another machine was purchased so they each could have one. Jan and Kay are charter members of the Ames Quilt Guild and also members of the Des Moines Area Quilt Guild. They enjoy meeting other quilters, helping with the annual DSM show and listening to terrific program speakers. Both come from large families and grew up near Ames. Jan is the fourth of six children and grew up in Garden City. She and her husband farm near Williams and enjoy RV camping. Between them, they have a son and a daughter, two grandchildren and one great grandson. Kay is the oldest of seven girls (no boys!) and grew up in Colo. Kay and her husband have a married daughter and three granddaughters. Their son is deceased.



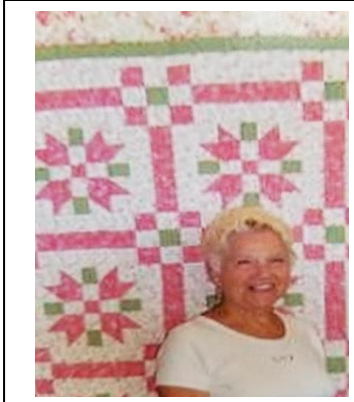
Kay's husband is an avid Civil War battlefield aficionado. On their many, many trips to visit battlefields they also enjoy antique shopping and buying antique quilts. Both Jan and Kay are retired from the USDA. Kay's quilting advice is that having your fabric organized by color, style, and fabric line is a great time saver and idea generator. Kay says she often can't stop herself from buying more fabric even though she felt she had her own fabric store to meet any fabric needs during Covid. Jan enjoys the entire process of quilting from start to finish and loves giving the quilts away. Her advice about quilting is that you shouldn't feel obligated to finish a project you've started if you don't like it. Life is too short to spend time on something you don't like. Finding time to quilt is a challenge for both of these very busy women. Kay is very thankful to have Jan as her quilting buddy all these years and the same is echoed by Jan.

# Ames Quilt Guild Member Spotlight

## Sheryl Soden



My name is Sheryl Soden, and I'm originally from the NW town of Algona. I graduated from Bishop Garrigan HS, too many years ago to remember. My parents farmed there, and it was a great place to grow up. My brother still lives on the home place, and I truly enjoy going back to visit. Early in my working career, I bummed around various places in the country, working in Des Moines, then Colorado. I got married and lived in Michigan for 13 years before landing in Ames and working at ISU for 21yrs. I spent six years at Vet Med



The Registrar's Office. I sewed in my younger years, belonged to 4H, and did some sewing for my kids when they were little. I also made most of my maternity clothes - certainly not hard with no fitting to get right! I started quilting when I worked at the Registrar's office. A group of us gals started out with small projects and went from there. I was hooked! I find quilting keeps me out of the refrigerator! I love the creative side of quilting: picking out the pattern, then the material, having a vision of what I want and making it.

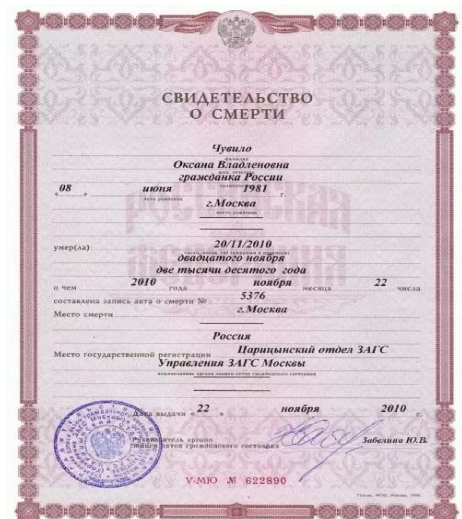
Here is a picture of my first real big project - I was too naive to go small! I jumped in with both feet on this one and my seam ripper was my favorite friend. By some miracle, it came out pretty good, so I entered it at Reiman Gardens in 2012 and got a red ribbon for it. What a surprise! What a surprise! It is still my favorite quilt. I love the colors. It is currently on my

I always say quilts are like my kids, they have to go to a good home. I try to fit the "give aways" with the right home because I can't keep them all. Most of my friends and family have already received one of my quilts, whether they really wanted one or not. Most of them love these quilts, and I have fun giving them as gifts, graduation presents or wedding gifts. I also do cross-stitch baby quilts and feel every baby deserves a quilt. I quilt during the day and cross-stitch at night in front of the TV. Surprising what you can get done in a couple of hours of worthless TV!

I belong to Block Builders at ISU Women's Club and have met some great gals and learned a lot. Just like cooking, there's always something new to learn. So, I will continue to quilt and enjoy sitting down on a cold day, warm inside and just sew away to my heart's content. I found my calling!



How are your pre-natal visits going? By now you surely feel the stretch in your body because, you are in your third trimester. Your sweet precious lovingly conceived baby quilt has a due date. **September 22 at approximately 6:45 pm.** That is the precise moment when all will be revealed. Keep breathing, doing your exercises, and to avoid last minute labor pains, keep a steady sewing pace.

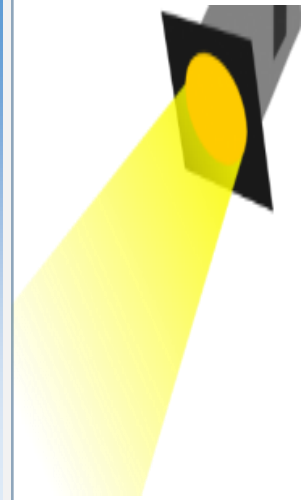




## Ames Quilt Guild

Member Spotlight

**Monica  
Howard-Martin**



My first quilt was a t-shirt quilt, which I gave to my daughter as a graduation present in 2001. I took a class from Marge Fitzgerald to learn how to make that quilt, and I've been quilting ever since. Quilting is therapy for me. I love the creative process. I like the simple quilts that I can "crank out" but I'm getting more adventurous and trying more involved patterns. While most of my quilts are from patterns, I've done some original projects and look forward to experimenting more. I'm originally from Nashville, TN. I'm the single parent of two amazing adult children, and I'm the bibi (Swahili for grandmother) of three. I received my Doctor of Veterinary Medicine at Tuskegee University and my PhD in Veterinary Pathology from Oklahoma State University. Currently, I'm the Assistant Dean at the College of Vet Med at ISU. When I'm going to be alone, I enjoy spending that time being constructive and "in the zone"! Quilting allows me to do just that. I especially appreciate how technology has enriched my quilting. There are instructional videos, products to purchase online, other guild websites to explore and much more. Most importantly, technology allows me to connect to vendors and designers who are black/African American where I have found another quilting community to provide inspiration to me. I enjoy bringing quilts to share that speak to my culture and that of other underrepresented cultures. It's a pleasure exposing folks to something they otherwise might not have considered. I am always in awe of the beauty of other guild member's quilts. You inspire me to "up my game". Thank you for sharing your work and passion.

### **Spiral Table Runner AQG June Program**

Adapted from School House Quilts Pattern  
(Presented by Bonnie Trede & Sandra Gartz)

#### **Supplies:**

8 fat quarters (or 8 scrap fabrics)

Backing fabric: 1-1/8 yards for 9-degree ruler; 1-1/3 yards for 10-degree ruler

Batting: 40"x60" for 9-degree ruler; 50"x70" for 10-degree ruler

9-degree wedge ruler (can use 10-degree ruler; runner will be slightly wider and longer)

**Cutting fabric and sewing strata:**

1. Arrange fabrics from dark to light, one color family to another, or whatever pattern is desired. Make a swatch list of each fabric and its corresponding number to keep the strips in the correct order.
2. Cut four strips 22 inches long from each fabric using the following chart for the width of each strip.  
Fabric 1: 3"                                      Fabric 5: 2¾"  
Fabric 2: 2¾"                                      Fabric 6: 3"  
Fabric 3: 2½"                                      Fabric 7: 2½"  
Fabric 4: 3¼"                                      Fabric 8: 3¼"
3. Make four identical strata (group of fabric strips sewn together) by sewing the strips together in numerical order 1 to 8. Use ¼" seams. Sew strips in opposite directions to avoid curving. Strata should measure 19½" wide and 22" long when finished. Keep the left edge of the strata as even as possible; evenness is not important on the right side of strata.
4. Press the seams toward Fabric 8 on two strata, and away from Fabric 8 on the two remaining strata.

**Cutting the wedge pieces:**

5. Use two strata—place one with the seams pressed toward the dark, right side facing up with the dark strip at the bottom. Place one with the seams pressed away from the dark, right side facing up with the dark strip at the top. (Seams are the same direction on both pieces.) Align the bottom and left edges. This makes Set 1. Prepare the remaining two strata in the same manner, making Set 2.
6. Cut wedges using the chart below. Place the ruler bottom on the edge of Fabric 8 and as close to the left edge as possible. Use the horizontal line on the triangle to keep the ruler perpendicular. Continue making cuts in order, as close to the last cut as possible (about 1/8" in between cuts). Keep the fabric above the cuts intact, as it will be needed to complete additional cuts. Each cut will be ¾" shorter than the previous cut. When the bottom side of Set 1 has been exhausted by cuts, move to the top side of Set 1 and continue cutting using the area between the wedge cuts, placing the bottom edge of the ruler on edge of Fabric 1. When all possible wedges have been cut from Set 1, move to Set 2 and continue cutting in the same manner. Separate the cut wedges into two piles with the largest wedge at the bottom and smallest on top. The color control of each pile is determined by Fabric 8 and Fabric 1.

**Wedge cuts: (below check each cut when completed to help keep track)**

21¾	_____	15	_____	8¼	_____
21	_____	14¼	_____	7½	_____
20¼	_____	13½	_____	6¾	_____
19½	_____	12¾	_____	6	_____
18¾	_____	12	_____	5¼	_____
18	_____	11¼	_____	4½	_____
17¼	_____	10½	_____	3¾	_____
16½	_____	9¾	_____		
15¾	_____	9	_____		

**Sewing:**

7. Lay out the wedges of one-color control group on a flat surface, starting with the smallest wedge, and continuing in order with all wedges of that control group, aligning the top (narrow) edge. Using a ¼ inch seam, sew the first two wedges, right sides together, aligning the narrow edges (sew the right-hand edge). The bottom edges will not align. Continue sewing wedges together until all wedges are used in the first control group. Sew the second color control group in the same manner.
8. You will have two halves. Press the seams toward the larger end of each half. Pin the two halves together matching the outside raw edges. Sew. Mark the ends to make a nice curve between points, and trim.

## **Finishing:**

9. Layer the batting, backing face up, and spiral face down. Stitch the seam around spiral, leaving a 4-inch opening to turn. Trim as needed, turn, and hand stitch to close the opening. Quilt as desired. OR layer backing face down, batting, and spiral face up. Pin or baste carefully. Quilt as desired. Mark and trim. Bind with bias binding.

## **Ames Quilt Guild** **Meeting Minutes--June 26, 2022**

1. **Welcome**
  - a. Meeting called to order at 6:30 PM by President Phyllis Schrag
2. **Announcements**
  - a. None
3. **Old Business**
  - a. Approval of the May 2022 minutes
    - i. Minutes approved as printed
  - b. Treasurer's Report
    - i. Approved as printed in the newsletter
4. **New Business**
  - a. No new business.
5. **Committee Reports**
  - a. **Activities/Projects** (Sheila Arney, Ramona Tapper)
    - i. Charm pack (5" square) challenge. Four members participated and a vote was taken to select the favorite charm pack quilt. Judy Vance was selected as favorite challenge quilt.
  - b. **Hospitality** (Barb Holst)
    - i. No update.
  - c. **Membership** (Marge Fitzgerald, Susan Fraser)
    - i. Attendance total was 23, including 2 guests and no new members.
  - d. **Communication** (Kathy Glatz (newsletter), Steve Huffman (website), Kathy Jones (Facebook),
    - i. No update.
  - e. **Programs** (Betty Baker)
    - i. No update.
  - f. **Small Groups** (Marge Fitzgerald)
    - i. No update
  - g. **Sound Support** (Steve Huffman)
    - i. No update
  - h. **Service** (Char Hulsebus and Kathy Glatz)
    - i. No update
6. **Program**
  - a. Spiral table runner demo presented by Bonnie Trede and Sandra Gratz. The pattern will be provided in the June newsletter.