

President's Message

By Faye Kunz

My last President's message! Thank you for a wonderful two years.

Despite my initial trepidation, I have enjoyed myself immensely. You are a wonderful group of people!

As my final act as President, I have taken it upon myself to re-number the newsletters. It occurred to me the other day (middle of the night, of course), that the Guild has been in existence for 35 years, yet we are at issue 44?? of the newsletter. Clearly we have gotten off track a number of times. So now the volume will be the year and the issue will be the month of our fiscal year. Makes more sense to me! Future presidents and newsletter editors can feel free to go through our history and figure how when, but it's not worth tracking in my opinion!

I'm looking forward to our September combined meeting, the Quilt Show, and Retreat! It's going to be a fun packed few months! Please note our shortened calendar. No dolls, PinPals, or Quilt Queens the week of the show!!

September Program

Our combined evening Guild meeting on September 4th at 7 p.m. will feature this year's Guild challenge, "Sunflowers." Rumor has it that many Guild members have been exercising their imagination and creativity to display at the meeting. Be sure to attend and vote for your favorite.

Bring your finished Sunflower Challenges to the September Meeting, (7:00 pm) where they will be displayed for all to admire. Since so many of you Sunflower-loving Quilters signed up (38!), please arrive early with your entries, to give us time to display them before the meeting. We will all vote for our favorites and prizes will be awarded. I have no doubt we'll be wowed by your blooming creations!

Mary Korreect 563-940-8565

September Calendar

♦ **Guild Meeting September 4:** 7 p.m. First Congregational Church, 2201 7th Avenue, Moline, IL **ANNUAL COMBINED MEETING**

♦ **Quilts of Valor September 5:** 9 am-2 pm First Baptist Church Moline - 1901-29th St Moline, IL

♦ **Quilt Getaway September 7:** 8 am—9 pm
September 8: 8 am—9 pm
September 9: Noon—5 p.m. Butterworth Education Center, 701 12th Avenue, Moline, IL

♦ **Quilt Show Meeting September 9** 2:00 pm—4:00 pm Butterworth Center, 1105 8th St., Moline, IL

♦ **Play Day Fiber Arts September 11** 9-11 a.m. Fiber Artists Studio, 601 Brady St. #21, Davenport, IA
See Page 5 for topic.

♦ **Fiber Arts Group September 11:** 1-3 p.m. Davenport Public Library

Fairmount Branch, 3000 N. Fairmount St., Davenport, IA

♦ **Board Meeting September 11:** 6:00-8:30 p.m. Location to be announced

♦ **Quillow QTees September 12** 9 a.m.—2 p.m. Masonic Center, 511 Veterans Memorial Pkwy., Davenport, IA **(3rd Wednesday)**

♦ **Charity September 13:** 8:30 am—3 pm Deere Wiman Carriage House, 817 11th Ave., Moline, IL

♦ **QUILT DROP OFF 7 AM—9 AM SEPTEMBER 19 KEPPE BUILDING, MISSISSIPPI VALLEY FAIRGROUNDS, DAVENPORT**

♦ **Quilt Show Judging September 19-20;** Keppe Building, Davenport Fairgrounds

♦ **QUILT SHOW** September

21-22 **MISSISSIPPI VALLEY FAIRGROUNDS**

♦ **Quilt Queens September 27** 9 am—3 pm Davenport Public Library, Eastern Ave. Branch, 6000 Eastern Ave., Davenport, IA

See page 6 for Additional on-going group information

IT'S QUILT SHOW TIME!!!!

RETREAT SIGN UP IS UNDERWAY. JOIN US IN DEWITT FOR FUN TIMES!

Doohickey Drawing

An Americanism dating from 1910-1915, a doohickey is a gadget; a dingus; a thingumabob; a nifty quilting tool that a quilter may want, has never heard of, or is too expensive to purchase.

Each month a new Doohickey is offered to our membership. It may be a new "cool" tool or it may be something tried and true; expensive or not so much. Tickets are \$1.00 and monthly prizes are determined by the number of tickets sold the previous month. The winning ticket will be drawn at the end of the evening meeting.

The August Doohickey drawing was won by Shelly Moore. Does she look excited? For the September meeting, we will have multiple prizes and multiple winners!



Some of September
Doohickey prizes!

RAFFLE QUILT TICKET SALES

Bev Hoy: 563-391-8685

Sandy Bender: 309-781-8525

A reminder that ticket drawing stubs and money can be turned in at Guild meetings. If you need more tickets, please contact either Sandy or me and we'll get them to you.

Thank you to everyone who sold tickets at the Expressions and Threads sale. Your help was much appreciated!

Quilt Show Raffle Marketing Committee

Volunteers are needed to help sell raffle tickets at the Rural Electric Cooperative (REC) annual meeting at the Mississippi Valley Fairgrounds on THURSDAY, SEPTEMBER 6, 2018. Shifts are 2 hours each from 9am to 11am or 11am to 1pm. Two people are needed for each shift. There are other vendors at the event and lunch is available. Please let either Dawn Thompson (563-381-3605) or Sandy Bender (309-781-8525) know if you can help.

Reminder: Your raffle tickets stubs and money can be turned in at the September meeting or during the Quilt Show.

Bev Hoy

Our Mission:

Organized in 1983 to educate and encourage members in the quilting arts; to encourage high standards in color, design, and construction of the quilted medium, and to stimulate interest in quilting in the community.

President, Faye Kunz, (563) 505-2579

Vice President, Diana Engelbrecht, (563) 285-4348

Secretary, Wendy Rios, (563) 386-3624

Treasurer, Ann Filiatreau, (309) 757-8420

Program, Karla Miley, (309) 786-6997

Newsletter, Andrea Schoemaker, (563) 508-8019

Historian, Gloria Kloos, (309) 762-9616

Membership, Lydia Hoelle, (563) 424-2513

Member at Large, Nancy Jacobsen, (563) 349-1153

Member at Large, Jeanie Hess, (563) 508-3049

Webmaster, Jo Noon, (563) 271-0316

The Mississippi Valley Quilters Guild is a non-profit organization open to anyone interested in quilts or quilting. Monthly meetings are 1 p.m. and 7 p.m. on the first Tuesday of each month at the First Congregational Church, 2201 7th Avenue, Moline, Illinois. Guests are welcome. A \$5 fee is charged to guests at meetings with featured speakers. \$35 yearly dues are renewable in September.

To change your address contact Lydia Hoelle at (985) 630-9528.

Find us online at:

www.mvqg.org

www.facebook.com/mvqguild

MVQG Email: mvquiltersguild@gmail.com

Newsletter submissions:

Contributions to the Newsletter are welcome. Articles and ads are due no later than the second Friday of each month and can be submitted to Andrea Schoemaker.

All contributions must be accompanied by the name and phone number of the author.

Advertising rates

Prepay 5 issues and get the 6th issue free

* Business card \$5.00 * 1/4 page \$12.50

August Meeting Statistics

Afternoon: 135 members, 4 guests, 0 new members

Evening: 31 members, 0 guests, 0 new members

Name Tag Drawing Winners

Afternoon: Teresa Massa, Susie Goodley, Sheila Wildermuth, Judy Nelson, Terry Austin, Mary Wilkie, Bev Salmonson, June LeBow, Betty Walther

Evening: Sharon Davis, Margaret Paulos, Bev Salmonson, Bonnie Bandelow, Julie Coray

Programs

Karla Miley - (309) 738-5227 or karlamiley@hotmail.com



October 2: The October program features award winning Quilt Show quilts.

November 6:

Our speaker in November is Sue Rasmussen, an experienced speaker and instructor who is sought after by Guilds, festivals, and retreat centers around the world. Sue has degrees in Textile Sciences and Agricultural Economics from University of California, Davis and has produced an extensive and varied body of work, including hundreds of quilts, quilt art and quilted clothing, many of which are nationally exhibited.

She will give two different presentations at our Guild meetings – “A Desperate Housewife’s Quilt Journey in the afternoon and “The Ins and Outs of Sewing Machine Needles and Thread” in the evening. She will provide instruction for two classes:

Sunday, November 4: “Landscapes/Pictorial Quilts” – Curved Machine Pieced --This class is an introduction to the curved machine piecing technique for landscape and pictorial quilts. In this class students will cover design techniques, fabric choices, marking, sewing and pattern development working directly with fabric. To simplify and allow more time for learning these techniques, Sue has designed a simple landscape pattern (22” by 28”) of a Single Tree Landscape, to be used by students in this class. By utilizing this pattern, students will immediately begin learning the process of working on landscape quilts without taking hours to design an individual piece. (\$12 pattern fee, payable to the instructor)

Monday, November 5: “Curved Paper Pieced Flying Geese” – In this class, students move beyond basic paper pieced geese by adding a dramatic twist to them and design a small quilt (18” by 24”) with curved flying geese. Students will learn how to design, draw, measure, and sew the pattern in class. Sue will discuss in detail many of the options available for using curved flying geese as borders or central design elements. Sue shares many secret tricks to paper piecing. This class is fun! It will open up new horizons to curved paper foundation piecing.

Sign-up sheets will continue at the September Guild meeting. The class enrollment fee for MVQG members is \$35. Waiting lists will be established, when enrollment reaches the maximum number of students.

Both classes will be held at the Kaaba Shriners Building - 511 Veterans Memorial Parkway in Davenport. Lunch will be available on site for \$5.

MEMBERSHIP RENEWAL TIME!

It's time to renew your MVQG membership for 2018-2019. Please fill out the form provided for you in the July & August newsletters.

Then either mail the form and \$35 check to MVQG, PO Box 2636, Davenport, IA 52809 OR bring to the September 4th meeting.

Deadline for membership renewal is TUESDAY, SEPTEMBER 4, 2018.

Please remember that everyone who enters a quilt in our MVQG Quilt Show MUST be a member for 2017-18 AND 18-19.

VOLUNTEER SIGN UP SHEETS WILL BE AVAILABLE AT THE SEPTEMBER COMBINED MEETING! We need your help to make this a great show!!

This is our last newsletter before the "Big Show" and just a couple important reminders. After all the time and effort getting your quilts and other entries ready, please note the following time for dropping off your entries.

....Drop off of your quilts and other entries is on Wednesday, September 18, 2018, between the hours of 7 and 9 am at the Keppy (4-H) Building. Judging begins at 9 am so **NO QUILTS WILL BE ACCEPTED AFTER 9 AM. THERE WILL BE NO EXCEPTIONS FOR ANY REASON.** If you can't drop them off yourself, have someone do it for you. Copies of a drop off form, which the person dropping off your quilts must sign, will be provided. Provide written permission to sign this form if you are not dropping off your own quilts!

By allowing your quilt(s). Photographs may be used by the Guild—for example, in a CD of the Show, in the 2018 Guild Photo Album, and/or on the Guild's website or Facebook page and in the Guild newsletter or in any other manner deemed appropriate by the **Guild Board of Directors.**

....Pick up of your entries will be handled similar to our last Quilt Show and begins at 4:30 pm on Saturday, September 22, 2018. Pick Up closes at 6:00 pm promptly so if you can't pick up your items, please make arrangement to have somebody do it for you. The Quilt Show Committee will not be responsible for quilts not picked up. Pick up a number from Paula Hardi between 2:00 and 3:00 pm near the entrance to the building or at the pick up table at 4:30. Quilts will be disbursed in number order.

Dorine Donaubauer, or Diana Alm , Quilt Show Publicity, have yard signs. Please contact them at ([309-428-0840](tel:309-428-0840)) or [309-235-0356](tel:309-235-0356) if you can place signs in your yard or elsewhere where they are visible to the public. You can also pick them up at our joint meeting on September 4, 2018.

Remember to attach a hanging sleeve to your quilts, especially larger ones. Instructions are: "Construct a tube from a 10" wide piece of fabric (does not have to match backing) that is 5" less than the width of the quilt. Machine hem the 10" sides, then sew a 1/4" seam along the long edge, WRONG sides together. Press, centering the long seam. Firmly baste the top and bottom edges of the sleeve to the back of the quilt, approx. 2" from each side. If your quilt is longer than 90", the location of the sleeve must be no more than 90" from the bottom of the quilt." These instructions are also on our website.

Our Quilt Show is a huge undertaking and we rely on many, many volunteers. Proceeds from the Show fund our projects and programs for the next two years. Please, please sign up at the joint meeting in September as all committees need help. And by volunteering, you will not have to pay admission to the Show. Free admission also applies to those family and friends we coax into helping! Remember to sign in before your shift and sign out at the end of your shift during the 4 days of the Show. This procedure allows the Guild to tally all those volunteer hours assuring our show helps with our 501(c)(3) status.

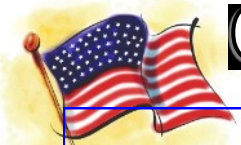
Any questions or concerns please call

Dawn Thompson Quilt Show Chair [563-349-1853](tel:563-349-1853) or

Teresa Massa Quilt Show Co Chair [309-236-8479](tel:309-236-8479)

Quilt Pick-up Saturday September 22,2018

All members who are submitting quilts for display during the show will need to pick up a number and sign up for order of disbursement. I will be at a table near the entrance of the building from 2:00pm-3:00pm on Saturday September 22. Quilt pick-up will begin at 4:30pm. Please bring your registration and number. If someone other than yourself is picking up your quilt they must have the two items. We will work very hard to handle your quilts with care. Please consider volunteering to help with this important job. If you have any questions call me at (309) 797-3986. Thank you, Paula Hardi



Quilts of Valor



Well a huge thank you to everyone! We handed out 244 quilts from Sept last year to August this year. We logged 2778 hours. So kudos to all of you for your help. The thank you's are amazing.

The stats of November are: 61 complete so we are getting there. If you need help finishing yours please let me know.

For November if you are bringing cookies please let Clayton know, he has the list.

Just a fun fact for you, Rosie the Riveter who I believe is now 95, has received her QOV recently. She worked as a cryptographer breaking Japanese code in WWII.

Her name is Betty Gore.

2018 Sponsors:

VN Vet Chap 669

SOAR Chap 11-4

Kerry Stoudt State Farm Ins

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Health Alliance Medicare

Jewel-Osco

Modern Woodman

American Legion Post 246

Scottish Rite Masonics

Scottish Rite Bodies

Community Foundation Great River Bend

Eriksen's Chevrolet

So from a humble and grateful heart,
Terry Austin QC QOV

SILENT AUCTION IN SEPTEMBER

The Guild has received a donation of a large number of beautiful quilt tops. Seventeen of these tops will be offered to Guild members at silent auction at the September meeting. Tops that do not sell for the minimum bid will be offered for sale at the Quilt Show along with additional tops. No tops will be sold at the quilt show for less than the minimum bid. Please arrive at the guild meeting early in order to shop the auction. These quilts will qualify for Found and Finished in 2020!



BLOCK TO RAFFLE

The winner of the Beehive blocks were: 12 blocks- Jan Carpenter, Kathy Young, Pam King, Kimberley Barton, Kristi Comes, The nine block winner was Marlene Heist

The new block for sale is a block from Moda's Be My Neighbor BOM. We will make a block of 6 houses. The background is included in the kit which will sell for \$1.00. Completed blocks will need to be returned by the December afternoon meeting.

Dawn Seaman
563 659-9983

Regular and Ongoing Sit-n-Sews

• PinPal Quilters

Faye Kunz (563)323-3593

Diana Engelbrecht (563)285-4348

This group meets on the third Tuesday of each month from 9 a.m. to 3 p.m. at the Butterworth Education Center., 701 12th Avenue, Moline, IL. We work on our own projects so you must bring everything you will need. Any guild member is welcome. Bring your sewing machine or handwork. Large tables are available to baste and mark quilts.

•Charity Quilts

*Donna and Garry Lanman
(563) 323-9539*

Charity Quilts Day is held the second Thursday of the month, 8:30 a.m. to 3 p.m. Deere-Wiman Carriage House, 817 11th Ave., Moline, IL. unless otherwise noted in the calendar.

•Quilt Queens

*Marlis Beechamp
(309) 797-6267*

Bev Hoy 563-391-8685

This Sit-n-Sew group meets every third Thursday, 9 a.m. to 3 p.m., St. Mark Lutheran Church, 2363 W. 3rd Street, Davenport. Coffee, irons, and boards are provided. Just bring your lunch and enjoy the day! The group also meets on the fourth Thursday of the month at the Eastern Avenue Library. Contact Judy Nelson (563) 359-3253 with questions regarding meetings at the Eastern Avenue Library.



•Davenport Library Sit-n' Sew

Sharon Maroney (615) 483-2430

Meets in the SCRA/Large room at the Davenport Library on Fairmont Street. Everyone is welcome. Bring your own project to work on. Call Sharon Maroney, (615) 483-2430, if you have questions.

•Doll Quilts

Margaret Paulos—(563) 323-5745

Doll Quilts are small quilts made by members and given to local school children. Come to doll quilt workday, 3rd Tuesdays of the month at the Deere Wiman Carriage House.

•Quillow QTees

Janet Zahrt (563) 332-7365

Second Wednesday of every month make a quillow for a cancer patient. We meet at Davenport Masonic Center, 511 Veterans Memorial Parkway, Davenport on the second Wednesday of the month 9 a.m. - 2 p.m. Sept 12; Oct 10; Nov 14;

•Quilt Get Away

Gloria Kloos (309) 762-9616

Bev Hoy (563) 391-8685

If you have projects to finish—Quilt Getaway is the place for you and open to all guild members. We meet at the Deere Wiman Carriage House, 817 11th Ave., Moline, unless otherwise noted, from 8am-9pm on Fridays and Saturdays and Noon to 5 pm on Sundays. Stay all day or leave your things and come and go as you like. Microwave and refrigerator are available. You may want to bring a light and an extension cord.

2018 Dates: Sept. 7-9, Oct. 5-7, Nov 2-4, Dec 7-9

•Quilts of Valor

Terry Austin (309) 797-8584

Make quilts to honor our veterans. Meets on the first Wednesday of the month, 9 a.m. to 2 p.m., at First Baptist Church, 1901 29th St., Moline, IL.

•Fiber Arts Play Day *Colleen Curry (563) 285-1305:*
cocu@csteldridge.com

9:00-11 a.m. Fiber Artists Studio, 601 Brady St. #21, Davenport, IA. This is a mini workshop on a new technique. Sign up is required. Just give Colleen a call.

Sept 11 Basic design-Kimberly Darling

Oct 9 Paper Cutting -Penny Pearcy

Nov 12 Broach-Diana Engelbrecht

Dec 11 Christmas ornament-Sally Stewart

•Fiber Arts Meeting

1-3 p.m. Davenport Public Library Fairmount Branch, 3000 N. Fairmount St., Davenport, IA,: demos, information, and show and tell.

Sept 11 Vessel felting info-Kimberly Darling

Oct 9 Shipping and or insuring art-Guest Speaker

Nov 13 Challenge due-recycling an old garment

Dec 11 Gift package topper exchange and door prize day



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Please refer to my Website for additional information such as services offered, prices, contact information and photo gallery.

Raffle basket help needed!

We have received many great donations from local businesses thanks to Jan Carpenter. Now we can use your help. We need items to put into theme baskets to go with the donated items.

We have tickets to Sesame Street Live and could use items to make a children's basket. We have several hvac system check ups, car tune ups, bike tune up, and need items to make theme baskets . We need items to put with 2 Keurig coffee makers, a small gas grill, massages, "float" treatment, wine, and more. If you have item, think party supplies, pampering items, maybe k cups, wine glasses... please bring them to the September meeting or call Vicky Morrow 309 788 02373 (leave a message, I may not recognize your number) or email cvmorrow@att.net.

We can use help assembling baskets September 8 at St John Lutheran church, 4501 7th Ave. Rock Island starting at 12:30. For information contact Vicky.

If you have any questions about the Small Quilt Auction, please see or call Nancy Jacobsen or Lynn Figg.

Nancy Jacobsen and Lynn Figg

August Program—Lisa Binkley

At the beginning of August, our Guild hosted Lisa Binkley, a nationally acclaimed beading artist from Madison, Wisconsin. Reflecting on her time in the Quad Cities, Lisa paid high compliments to our Guild saying: "I remember someone mentioning to me while I was with your guild that another teacher had described your guild as among her 'three favorites.' I completely agree. I've had the opportunity to teach for quite a few guilds over the past 11 years, and it's always interesting to see the differences in how they're structured, what they emphasize, and other variations. One of the things that struck me right away about your guild was the willingness of board members and others to jump right in and help where help was needed. From volunteers being up in the front to help display Show-and-Tell quilts, to board members who clearly enjoy their roles and have dedicated time, energy, and creativity to their participation in the guild, to the groups who prepared delicious lunches for us each day, to the thoughtful restaurant selection for a meal between meetings and wonderful potluck dinner. I could go on and on. The accommodations were comfortable and pleasant, and I particularly enjoyed staying by the river where I went walking each morning before class. I loved getting to see so much of the Quad Cities area and learning a bit about the history and current residents of the region. I truly enjoyed my time with your Guild. Thank you!"



Beading Day One



Beading Day Two

Charity Goes Global

By Donna & Garry Lanman

Let me tell you a story.

Our first granddaughter, Joy, moved jobs from a bank in Chicago to Samaritan's Purse in Boone, NC. She works with the Children's Heart Project. This project transports children needing heart surgery to participating hospitals that donate their services.

During orientation, Joy was shown a cabinet of "blankets." In reality, they were quilts. Her eyes brightened, and her thoughts turned to her Grandma and Grandpa. Needless to say, our eyes lit up, too, when we heard. Each child is sent home with a quilt.

The three countries Samaritan's Purse has offices in at the present are Mongolia Uganda and Bolivia. I challenged our Nancy Page Sit-n-Sew group one Thursday to make a quilt with us. On Saturday, one of the ladies called me asking if she could make more than one. Of course I said yes. Well, she already had five quilts completed. She soon came by with 10 fully completed quilts which ultimately grew to 20.

She had also donated a tub of juvenile fabric which Garry Lee and I were pulling from. The desired size was 40" x 40" and youth, 45" x 55". Garry Lee made 3 quilts using some horse fabric for boys.

The challenge of transporting the quilts to Boone, NC was solved when Joy's parents visited her on vacation late in July and had 28 quilts to deliver. When Joy brought them into the office, one co-worker immediately plucked a youth size horse quilt from the pile. She had a little six-year-old boy from Mongolia coming very soon. They had a picture of the little boy sitting on his horse.

We had taken a picture of Garry Lee holding up the youth size horse quilt. We sent the picture to the office via text so they had the picture.

When the little boy got to the hospital, he had fallen out of the bed and broke his arm which required surgery before he could have his heart surgery.

We received a picture of him huddled under his horse quilt and someone who knew the connection had placed Garry Lee's picture and the little boy's picture on his quilt at the foot of the bed. How gratifying it was to see the little boy being comforted by his quilt.

Those who participated in this sit-n-sew project are Garry and Donna Lanman (Grandpa & Grandma), Nancy Stribling, a former MVQG member and the over achiever, Judy Guenther, Judy Redmond and Mary Doerder.

2018 Retreat

Are you busy, busy, busy getting ready for the Quilt Show? Sewing and volunteering and sewing! By October 24 you will need a break, some real R & R. Come to the MVQG fall retreat. You can do anything you want, sleep in, stay up all night, go on road trips with your friends, work on your own projects, read books, walk the beautiful campgrounds. It will be October 24-28 at Grace Lutheran Camp. See the registration form in the August newsletter for more details.

With regret, we note the passing of Founding Member Marilyn Galley

Marilyn A Galley, 84, of Rock Island, IL, passed away August 20, 2018, at Silver Cross Pavilion at Friendship Manor. Visitation was August 23rd at Wendt Funeral Home, Moline.

Marilyn's true passion was quilts and quilt collecting. She was a charter member of the Mississippi Valley Quilters Guild, which was founded in 1983. She constructed many quilts over the course of her lifetime, each an example of precision cutting, construction and hand-quilting. She won multiple awards for her skill, once placing third in an American Quilting Society national show in the hand-quilting category. She was also a diligent collector of antique quilts, with a collection of over 100 quilts, with some dating back to as early as 1830. She and fellow collectors established a quilt study group at the Kalona Historical Society in Kalona, IA. Several of her most spectacular antique quilts have been bequeathed to their collection for the enjoyment of other quilt aficionados.

TO BE OR NOT TO BE,

a volunteer in the many areas volunteers are needed throughout the year? Getting enough volunteers is always an issue.

Many think:

That someone else will do it.

Answer: Someone else HAS to cover the places that others don't. It doesn't mean that they have time, energy, or physical ability, but someone HAS to do it.

That they may step on the toes of someone who has been doing it if they say they can help.

Answer: Believe me: If you come in to help with a task, you will be welcomed. The person in charge may be a bit frazzled at the beginning but will be so thankful when the job is done and your help relieved the stress of getting the task done in a timely fashion.

That there were plenty last time so why should I do it when it got done so quickly last time.

Answer: When we have that attitude, it ends up being a few doing a job that should have taken a couple hours tops, ends up taking a full day plus. Many hands make the work lighter.

Is volunteering a responsibility? Responsibility is not a job description, something someone else puts on you, or a contract you sign. What is responsibility? It comes from 2 words. Response and Ability. Ability = Do I have the resources to be able to do what is being asked for physically, mentally, or sometimes financially? Response = How can I respond in the area that help is being requested and act on it. *Given my abilities what then will be my response.*

In the bigger picture of life: Will helping in this area take so much of my time that my life will fall apart? In that moment might I bring peace and kindness to another's life by lessening the stress of getting a task done? It is our delight to lighten the load for each other where we can. Don't wait to be asked. You are needed.

What are the abilities you have AND more importantly, what is your response?

Definition of responsibility from Richard Pimentel: Why You Need to Believe in Someone Today

Thank You in advance to all of our members for stepping in and helping throughout the year and especially with our upcoming Quilt Show!!!

<http://painreliefsiences.com/articles/cura-sewing-int.ph> . . . Take the art of quilting: research published in the Journal of Public Health showed

that making quilts helps people's cognitive, creative, and emotional well-being, particularly among older adults.

While you're engaged in doing something you love, your brain is saturated with dopamine and serotonin, known as "the happy chemicals." This reaction is especially powerful when you're creating something using your hands. One researcher pointed out that quilting complements these conditions perfectly.

See the entire article at the website noted above.

HELP FEED OUR VOLUNTEERS!

Wednesday September 24th and Thursday, September 25th Volunteers will be setting up for our bi-annual Quilt show in the Expo Building at the Mississippi Valley Fairgrounds. We will be in need of donations of luncheon foods and snacks to feed these hard working volunteers. Donuts, coffee cake, fruit, vegetables, luncheon meat, cheese, bread, crackers, chips, dip, etc. would be appreciated! If you are not using a disposable dish, please clearly put your name on the dish. The Guild will be furnishing coffee, tea, water and tableware.

If you have any questions, please contact Hope Schroeder at 563-391-8657 or 563-505-0191