



# The Scrap Bag

June 2019

**Calico Cut-Ups Quilt Guild  
Of Bella Vista, Arkansas**

Volume 26, #6  
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## From the President:

Rain, rain go away. Hoping things start to dry out soon. My heart goes out to all who have been affected by the weather.

I knew there was a reason I liked to quilt.



## 5 Health Benefits of Sewing

- 1. Relieves Stress**  
The meditative action of sewing encourages positivity and feelings of relaxation.
- 2. Promotes Brain Growth**  
The creative nature of sewing encourages the formation of new brain cells!
- 3. Happiness!**  
Sewing increases dopamine in the brain, which makes us feel HAPPY
- 4. Fights Dementia**  
Sewing keeps the mind clear, focused & active, which can help prevent dementia as we age.
- 5. Improve your Hand/Eye Coordination**  
Sewing requires a certain type of attention to detail, that encourages coordination, especially hand/eye.

FACES  
FINE ARTS CENTER  
OF THE EASTERN SHORE

This month we will be recognizing Verna Bottjen as our Unsung Calico Cut-Up member. Have you ever wondered who is behind making sure the room is ready for our monthly guild meetings? Well, that would be Verna (and her husband). For several years now, Verna has arrived early to make sure the room is set up according to our needs and make sure we have coffee and water. She also handles the AV equipment for guild members and various needs of our speakers. This is no small task and she has been handling it for years. Hats off to Verna for an awesome job. You are greatly appreciated!

Remember.....Stitch with Dreams.....Bind with Laughter.....Share with Love.....

*Brenda Askland*

## Upcoming Events:

6/17-21 Bob's Quilting Kids Camp

9/11 & 12/2020  
Visions of Quilts in 2020  
Quilt Congress

## June Fat Quarters **GOLD**

Please bring **GOOD QUALITY GOLD** fat quarters from your stash to the June meeting. You will get one chance for each fat quarter you enter up to 3 entries. You may win!



## JUNE Food Pantry Donations Boxed Dinners (Beef, Tuna, Chicken)

Bring your donations to the guild meeting and receive an extra door prize ticket.

## June Guild Speaker & Workshop Instructor, Mindy Smith



Mindy is a textile/mixed media artist in Columbia, Missouri. She started quilting 30 years ago and has made many commissioned quilts, as well as several that were donated to charitable organizations. Her fiber art has been displayed at the University of Missouri, Denver National Quilt Festival and Paducah Quilt Show. She is a professional member of the Heartland Quilt

Network. And she is the curator of the Daniel Boone Regional Library Annual Quilt Exhibits in Columbia, Missouri. Mindy has served as the CEO of the Booneslick Trail Quilters' Guild in Columbia, Missouri, and chaired several quilt show events. Mindy regularly teaches free motion quilting and thread painting classes and lectures on the topic of creatively documenting your quilts.

At our June 24 guild meeting, Mindy Smith will be giving the presentation entitled, "Give your Quilts A Voice." It will be a power point trunk show of quilts and the process of creating their life stories, including the "OH, NO!" life things that happen.

On Tuesday, June 25, she will conduct a **full day fun introduction to landscape quilting**. The project will be a small quilt finished at approximately 9 x 11 inches. The class will also include instructions for free motion quilting. The cost of the workshop is \$35. We **only have 2 spots left!** To sign up and receive a copy of the class supply list, please email Myrlene at [myrlenemcz@aol.com](mailto:myrlenemcz@aol.com)

## Quilt Donations

Please bring your Hobbs barcodes to Cathy Beaver so we can save on the batting we purchase.

Calico Cut-Ups  
Guild, you did it  
again! WAY TO  
GO!

20 Quilts  
17 Totes  
6 Pillowcases  
7 Cape Blankets  
11 Fidget Quilts



I will deliver Friday  
to Children's Advocacy and Brooks Memory Care Center.

When you donate quilts, bags, etc. from the guild, whether it is through a small group or as an individual, please let Cathy Beaver know. She will add it to the number of donations by Calico Cut-Ups.

Cathy Beaver  
[cathy72352@gmail.com](mailto:cathy72352@gmail.com)  
640-2878

## July Guild Speaker and Workshop

Don't forget that our July meeting will be a **week early, on July 15<sup>th</sup>**, due to Vacation Bible School at the church. Our speaker and workshop teacher, Theresa Ward, is an award-winning quilter, pattern designer, author and longarm quilter. She made her first quilt in 1988 and has never looked back. After years of making quilts and hand quilting them, in 1999 she joined a guild and began her longarm quilting business. Theresa loves the creativity that quilting allows her, from designing quilt patterns to machine quilting designs on her customers' quilts.



July 15 will be a *full day of learning and fun*. Theresa will start us out at 9:00 am sharp with a workshop on making string quilt blocks using a paper foundation, and then adding a shadow to each block to give our quilts an interesting three-dimensional look. This workshop is **free** to members of the guild (\$25 for non-members), and we will collaborate on making blocks to create beautiful red, white, and blue quilt blocks, which we will combine, finish, and donate to *Quilts of Valor*. All materials will be provided, so just bring yourself, your sewing machine, thread, scissors, and anything else you need for a morning of learning and sewing. Although the blocks we make in the workshop will be donated, you will gain all the skills and instructions you need to go home and create your own shadow box string quilt.



We will have a sign up sheet at the June meeting, or call or email Myrlene at [myrlenemcz@aol.com](mailto:myrlenemcz@aol.com) or call 970-376-6332. Please sign up in advance if you plan to attend, so we can have enough tables and electrical cords set up!

At noon we will have a lunch break (bring your own lunch), and time for shopping at Theresa's vendor table. Then at 1:00 we will reconvene for her presentation (more details later), followed by our regular business meeting at 2:00.

**WELCOME NEW MEMBER**

**VICKI DONNELL**

## June Meeting

Monday, June 24, 1:00 pm  
First United Methodist Church  
20 Boyce Drive, Bella Vista, AR  
(Enter around back in Becker Hall)

Vendor: Country House Quilt Shop  
Workshop: Tuesday, June 25 with Mindy Smith  
Program: Mindy Smith, Columbia, MO—Thread Painting

Remember to wear your name badge. It helps new members get acquainted. If you forget, a 25 cent fee is due and will be added to the general fund.

## Weather Policy

In the event of inclement weather and the Bentonville School system is closed, guild activities will be cancelled.

## Guests

Our membership meetings have a \$5 guest fee that helps defray program costs if we have a paid speaker. This fee is applied to your membership if you choose to join our guild the same day you visit. **No charge for your first visit.** Membership of \$25 is half price July through December.

## Small Groups

There are several small quilt groups that meet monthly. They include both new and experienced quilters and would love to have **you join them.** If you are interested, please contact Roxiann Dwyer (479) 426-4902 or by email at [Roxi050150@hotmail.com](mailto:Roxi050150@hotmail.com). She would like to talk to you and get you connected with a group that best suits you.

## Sunshine and Shadows

Do you know of a Calico Cut-Ups member that could use a card for good news, a celebration or some sad news? Please contact Norene Harmon at (479) 271-7109 or by email at [peacelady@cox.net](mailto:peacelady@cox.net). Thank you for your help.

## Treasurer's Report

Full versions of last month's Treasurer's report and guild minutes are available at guild meetings taped to the door. Guild minutes are also available at [www.calicocutups.com/guild-meeting-minutes/](http://www.calicocutups.com/guild-meeting-minutes/).

## Newsletter Submissions

The Scrap Bag Newsletter is published each month (except December) by Calico Cut-Ups Guild of Bella Vista, Arkansas and may be viewed on the guild website; [www.calicocutups.com](http://www.calicocutups.com). Contact Editor Terri Duhon at Calico Cut-Ups Quilt Guild, PO Box 5481, Bella Vista, AR 72714.

Please submit newsletter items to Terri Duhon at [terriduhon@gmail.com](mailto:terriduhon@gmail.com) by the second Monday of the month for inclusion in that month's Scrap Bag.

## 2019 Officers & Committee Chairpersons

President - Brenda Askland  
Vice President - Sue Wagner  
New Member Chair - Sharon Caton  
Secretary - Mary Bredl  
Treasurer - Virginia Reitz  
Assistant Treasurer - Deb Metz  
Ads/Vendors - Susan Richmond  
Programs/Workshops/Publicity -  
Rebecca Logsdon &  
Myrlene Zimmerman  
Scrap Bag Editor - Terri Duhon  
Special Projects - Cathy Beaver

### Committee Chairpersons:

Fat Quarter Exchange - Rosalyn Sloan  
Historian - Karen Moore  
Hospitality - Verna Bottjen  
Bob's Quilting Kids Kamp -  
Randa Hansen,  
Gail Storm  
Long Range Planning/Liaison - Sharon Moravits  
Parliamentarian - Jeannene White  
Properties/Librarian - Jan Thurman  
Small Groups - Roxiann Dwyer  
Socials/Luncheons -  
Eileen Bell,  
Laurie Davis  
Sunshine & Shadows - Norene Harmon  
Web Master - Terri Duhon  
Yearbook Editor - Carol Bourque  
Challenge Quilt - Elaine Sick  
Quilts of Valor - Susan Richmond  
Nominations - Sue Wagner  
Past President - Laurie Davis