

August 2025-BOM



This will be my last block suggestion for 2025 and next year another volunteer will take over the Block of the Month.

You have made a bunch of stars. Now you have to figure out your background. You can do this in any color that coordinates with the fabrics that are in your stars, and my choices will go from central light to dark at the outside. You can add borders, frame and back at your discretion and you can have as much or as little background as you want. One simple use is to make a constellation of your stars on a plain background. If not, read on.

As an easily distracted quilter, I became interested in the Fibonacci sequence and the Quilters' Golden rule. A good reference is here [Back to Stitchin' Heaven Quilting Blog](#) from August 18, 2021.

I'll quote below from Jinny Beyer's article in 2014 which is brief:

" Fibonacci Spiral:

Fibonacci begins with two squares, (1,1,) another is added the size of the width of the two (2) and another is added the width of the 1 and 2 (3). As more squares are added the ratio of the last two comes closer each time to the Golden Proportion (1.618 or .618). Put quarter circles in each of the squares to get the Fibonacci Spiral.

Golden Spiral:

The Golden Spiral begins with a square and a rectangle is added whose width is .618 of the first square. Another square is added that is the width of the first square and rectangle (1.618) This proportion continues so that all the relationships are either .618 or 1.618. Once again, the spiral is achieved when quarter circles are drawn in each of the squares.

Comparison of the two spirals:

An overlay of the two spirals shows that at the beginning they do not match up but as Fibonacci's numbers grow the two spirals are virtually the same. The Golden Gauge Calipers show that the spiral is in perfect Golden Ratio proportions, 1 to 1.618!"

This will add nuance and depth to your background or foreground, depending on your design.

For my purposes, to make a Fibonacci spiral, I cut my scrap pieces into 1.5", 2.5", 3.5" and 5.5" squares. If you sew a perfect 0.25" seam, this gets you 1", 2", 3", 5" squares. This can be a leader/ender type of block if you so choose.

The pictures below show the smaller blocks before and after assembly. Then there are the options of inserting appropriately sized stars into the Fibonacci blocks. Your choice.

Thank you for the opportunity to share my design processes with you and for tolerating my mistakes. I know the absence of a clear plan has been stressful for some. If you can get comfortable with being the sole designer of your quilt it opens up a whole new range of quilting opportunities.

