



# The Quilt Line



Pocono Mountain Quilters' Guild

January 2015

Check out the web page at [www.thepmqg.com](http://www.thepmqg.com)

**Next meeting is February 4<sup>th</sup> 2015**

## President's Message:

The holidays are over and the New Year is under way. I wish everyone a happy and healthy 2015. The submission deadline for the Challenge will soon be upon us. I'm still pulling together the pieces for mine; hopefully cutting and stitching can begin soon. Being the self-designated Queen of Procrastination, my projects are always last minute stressors. But a recent article on CNN online gives me hope that it's not all unhealthy.

### Excerpts:

"There's promising evidence coming out to support what a lot of crafters have known anecdotally for quite some time," says Catherine Carey Levisay, a clinical neuropsychologist and wife of Crafts.com CEO John Levisay. "And that's that creating -- whether it is through art, music, cooking, quilting, sewing, drawing, photography (or) cake decorating -- is beneficial to us in a number of important ways."

Psychologist Mihaly Csikszentmihalyi first described this phenomenon of losing yourself in a craft for hours as flow: a few moments in time when you are so completely absorbed by an activity that nothing else seems to matter. Flow is the secret to happiness -- a statement he supports with decades of research.

"When we are involved in (creativity), we feel that we are living more fully than during the rest of life," Csikszentmihalyi said during a TED talk in 2004. "You know that what you need to do is possible to do, even though difficult, and sense of time disappears. You forget yourself. You feel part of something larger." The effects of flow are similar to those of meditation, says occupational therapist Victoria Schindler. Science has shown meditation can, among other things, reduce stress and fight inflammation.

And speaking of the Challenge, I want to give some of you just one more little push.

This activity isn't all about being the absolute best quilter and making the absolute best quilt ever. A challenge is competing against *yourself* – improving whatever aspect of the activity you want to be better at, i.e., color usage, appliqué stitches, quilting, whatever. Don't compare yourself to others; compare *you* to *you*. And if you've improved just one aspect of your quilting technique (even just a miniscule improvement), then You Are a Winner! I look forward to seeing everyone in February.

Keep on Stitchin'  
*Lois*

## Calendar:

**New Meeting Dates for 2015:** February 4; March 4; April 1; May 6; June 10; July 1; August 5; September 2; October 7; November 4 and December 2.

**February 4** – Regular business meeting of PMQG.

At the February Business Meeting we will enjoy skill building on binding quilts. We will watch several tutorial videos on binding, including straight grain binding, bias binding, and both machine and hand sewing techniques for binding. Everyone is encouraged to come ready to share some tips and experiences with binding. After we watch the videos we will have an open discussion with questions and answers shared by all. With the Challenge quilt drop off coming up soon, this opportunity to polish up your binding skills will be fun and informative for all.

**February 23** - is the deadline to turn in your form and challenge quilt. The opening show and cocktail party is March 6, 2015 and the gallery show opening is Friday, March 13, 2015.

**Treasurer's Report:** Report for November 2014  
No report available at time of printing.

## Minutes:

Due to the Holiday Party in December there were no minutes to be taken.  
*Submitted by Lorraine Hare*



## Activities:

### Ways and Means:

Thank you for your ongoing support to Ways and Means. Your donations of prizes and ticket sales are an important fund raising activity at each meeting. We are working on speeding up the ways and means process during our meetings. Available items will be displayed and tickets will be sold before the meeting starts and again during the snack break. Members will be asked to put their name on the

tickets purchased. The tickets will be drawn by the ways and means committee and the winner's name will be placed on the item won. The winning names will be announced and winners can pick up their winnings at the end of the meeting. Tickets continue to be 1 ticket for \$1.00 and 3 tickets for \$2.00.

Additionally, each member who brings refreshments to a meeting will be given 1 free ticket.

*Submitted by Kathleen Rambo*

### **Charity Quilts:**

Lorraine Hare recently donated 8 baby quilts to Angel's Closet and 6 beds for the dogs to AWSOM. We have kits available; please see Judy Mehl or Lorraine Hare if you would like a kit.

*Submitted by Lorraine Hare and Judy Mehl*

### **Community Quilts:**

There are two quilt tops that need to be quilted if anyone is interested in quilting one please let Rose Frailey know. If anyone has an idea for a community quilt, please speak with Rose Frailey.

*Submitted by Rose Frailey*

### **Celebration Quilts:**

Do you have a special occasion coming up? Or know someone that does? Let us help you celebrate. The birth of a baby; a wedding; a 25<sup>th</sup> anniversary; a 50<sup>th</sup> or 60<sup>th</sup> anniversary are important occasions. **It is important to celebrate.**

*Contact Sheri Seip*

### **January's Birthdays**

Barbara Wenton	January 1st
Rose Frailey	January 6th
Louise Price	January 8th
Bobbie Long	January 12th
Sheri Seip	January 27th

### **January's Anniversaries**

Ann Lambert	1/8/1965
Rose Frailey	/15/1972



### **Hospitality:**

Remember, no meeting in January, so I'll be phoning or e-mailing members near the end of January to arrange for February's refreshments.

*Submitted by Barb Wenton*

**Tea Time:** Our tea social is back again at 6:00pm; bring your favorite mug and enjoy some social time before the meeting with fellow members.

**Wear Your Name Tag:** Please wear your name tag to help everyone greet and speak to each other by name. If you forget your name tag, stop at the Sign up Sheet for a paper Hello My Name Is tag!

*Submitted by Jane Maughan*

## Challenge 2015

Last Call for Challenge Quilts

It's not too late to pile in and join your fellow quilters by participating in the 2015 Challenge, "100 Years on the Courthouse Steps." Challenge rules are available on the website or by contacting Jane Maughan. We still have fabric, too.

Every member has the time and talent to be part of this historic venture, and it's not too late to start! Turn off the depressing TV news, stop cleaning your house and make a quilt!

### Quilt Challenge Drop-Off Rules

The information below is set out in the Challenge Rules, and included in this month's Newsletter as a reminder. Please be sure to follow the Challenge Rules regarding your quilt sleeve, identification label, placard description and pillowcase container. Wal-Mart sells zippered pillow case covers; they are usually priced under \$5. They are a great little investment for PMQ members to use for the annual Challenge!

The quilt must hang from a sleeve with no other support or pins. Each quilt must have a sleeve attached to the top back for hanging. The sleeve opening must be 4" wide after it is attached to the quilt, and must be attached in a way that it will not show when the quilt is hanging. The sleeve must have one inch vertical slit at the top of its center point to accommodate the hanging hardware.

A fabric identification label must be securely sewn to a bottom back corner of the quilt (pinned paper labels are not permitted). The label must contain the full name that appears on the Entry Form. The label must be covered with a basted muslin cover.

All quilts will be displayed with show placards naming the quilter(s) and a description identifying the pattern, design, and inspiration for the quilt. Placard descriptions should not exceed 75 words. Placard descriptions may indicate that the quilt is available for purchase through the Pocono Arts Council, and if offered for sale must include a purchase price. The Pocono Arts Council will retain a 20% commission.

The deadline for submission of your **Entry Form and quilt** is **Monday, February 23, 2015**. Quilts must be dropped off in sealed pillowcases labeled with name and phone.

### Quilt Challenge Drop-Off Locations

Your 2015 Challenge Quilts can be delivered to the Monroe County Bar Association or to the fabric store at American Ribbon Fabrics. Quilts are due no later than 5 P.M. on

Monday, February 23, 2015.

Early drop off starts at the Monroe County Bar Association and American Ribbon Fabrics on Tuesday, February 17<sup>th</sup>. Quilts also may be delivered early to Jane Maughan at the February Business meeting on Wednesday, February 4, 2015.

The Bar Association is located at 913 Main Street in Stroudsburg. Hours of operation are 9 A.M. to 5 P.M. Monday to Friday. American Ribbon Fabrics is located 925 Ann Street in Stroudsburg. Hours of operation are Monday through Saturday, 9am to 5pm, Sundays 10 am to 4 pm.

Quilts that do not comply with the Challenge Rules regarding size, sleeve, identification label, placard description and pillow case will not be accepted for drop off.

No late submissions will be permitted. The deadline is 5 P.M. on Monday, February 23, 2015 at the latest.

### **For your information:**

Do You EQ?

Electric Quilt is a computer quilt design program produced by the Electric Quilt Company. If you use EQ and are interested in connecting with other PMQ members who do, sign up at the February 4<sup>th</sup> meeting. If enough members are interested, we can brainstorm opportunities to share our knowledge of Electric Quilt.



### **Getting to Know You**

After a busy 30 years, I returned to my home state Pennsylvania. In Minnesota I was guild president and owner of an 8 unit motel. This all happened after retiring from New Jersey Bell in 1990. Now I'm closer to family and very dear friends. I love golfing, cooking, baking and bedtime reading. "It's a Good Life".

**Barbara Hall**

### **Quilt Shows / Events:**

The Guild website can be found at [www.thepmqg.com](http://www.thepmqg.com). The current program calendar is updated on the website every month and the current newsletter is available as a link to a pdf file.

### **Editor's Note:**

If you have something you want included in the newsletter please forward to [lorrhare@ptd.net](mailto:lorrhare@ptd.net) Articles such as recipes or quilt shows/events, tricks or tips, news about members are due to the Editor by the first Wednesday of the month.

**Officers:**

President	Lois Kirkwood
Vice President	Jane Maughan
Treasurer (Acting)	Christine Bearn
Secretary	Lorraine Hare
Financial Secretary	Ann Marie Kizer

**Committees:**

Activities	Jane Maughan
Historian/Photos	
Celebration Quilts	Sheri Seip
Helping Hands	Marie Schriever
Ways & Means	Kathleen Rambo / Mary Santoro
Hospitality	Barbara Wenton
Newsletter	Lorraine Hare
Community Quilts	Rose Frailey
Block of the Month	
Publicity	Pat Cudney
Raffle Quilt 2014	
Quilt Show 2015	
Webmaster	Jane Maughan
Challenge 2014	Jane Maughan
Charity Quilts	Lorraine Hare / Judy Mehl



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