



QUILT GUILD BY THE SEA NEWSLETTER

May 2024

VOLUME 14, ISSUE 05

QGbtS General Meeting

Date: May 14, 2024

Program: Kevin Womack
"Finding My Path"

50/50 Raffle

Fat Quarter Drawing:
Florals

Name Badge Drawing

Guild Address:

Quilt Guild by the Sea
PO Box 64
Boca Raton, FL 33429



VOLUNTEERS NEEDED:

We need your help! The following positions are open:

- Workshop Coordinator

PRESIDENT'S LETTER

Officially, we are in spring, having celebrated holidays for all three major faiths. We are now celebrating Mother's Day, which includes not only our mothers, but all the women in our lives who have influenced us. This may include sisters, aunts, cousins, grandmothers, and most certainly our quilting friends. I would positively recommend that you send an e-mail, message or card to those who have guided you along life's journey. In our fast-paced society, I ask you to recall the last time that you received a handwritten note of thanks or encouragement. It doesn't take much to brighten someone's day with a note or card.



Spring is also a time of renewal and joy, as evidenced in our lives with longer days, warmer weather, as well as the emergence of a more colorful landscape. Creativity may also blossom when we begin new projects or finally complete those UFO's.

Can you recall those PB and J sandwiches that your mother made? Well, look at the letters as they acquire a new meaning.

P— Perseverance. Prevailing despite any obstacles.

B— Balance. State of harmony or stability.

J—Joy. Happiness. Appreciating the good things in our life.

Just as spring renews our environment, let us renew our joy and balance by taking the time for rest, relaxation and reflection.

"Happy people build their inner world. Unhappy people blame their outer world." (Buddhist quote).

FAT QUARTER DRAWINGS

Monthly fat quarter drawings will be at the end of each meeting before Show 'N Tell. The theme for the May Monthly Fat Quarter drawing is Florals. The monthly theme calendar can be found on page 6 of the newsletter.

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UPCOMING PROGRAMS:

May 14, 2024

**Program: Kevin Womack presents
*Finding My Path***

Join Kevin on a tour of his colorful quilting journey as he digitally shares over 75 examples spanning more than 38 years. Starting from humble beginnings in 1986 and traveling through precision piecing of traditional quilts, Kevin soon developed a love for hand dyeing and patterning his own fabrics. Discover his story as Kevin leads you down his personal path to becoming the artist that he is today.

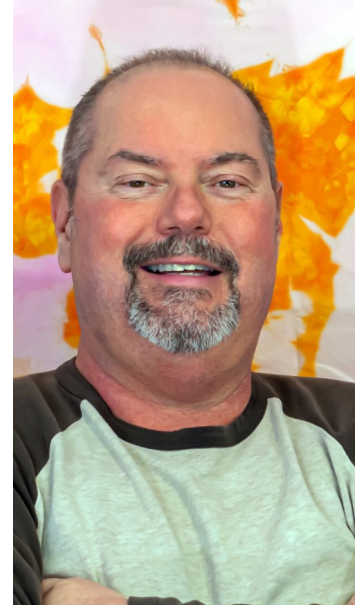
Kevin Womack is a textile artist living in Lynchburg, Virginia.

In 1986, Kevin was introduced to quilting by his maternal grandmother. Having always loved the legacy of family quilts, he decided to have her teach him the tradition. While his interest in other media has waned, his passion for fiber has endured.

Kevin is passionate about hand dyeing and patterning fabrics with surface design techniques.

Time: 10:00 AM—12:00 PM

Guest Fee: \$10.00 (non-refundable)



CARING HEART

Sarah Crew has opened her home and adopted a new kitty, This loveable little lady is already exploring every inch of her new home! Congratulations, Sarah!



UPCOMING PROGRAMS:

June 11, 2024

Program: Jenny Lyon presents *The Beauty of the Imperfect*

The imperfect is beautiful! I'll show you inspiring and encouraging examples of my work as well as the work of world renowned quilters and artists that are beautiful in their imperfection and I'll share my journey to imperfection.'

I have been joyfully teaching the art of quilting since 2006. I love seeing my students realize that they CAN quilt their own work on a domestic machine.

I use my domestic sewing machine to create art quilts and wearable art. I love to watch my machine stitches create line, texture, and shadow as they merge on the surface of the fabric.

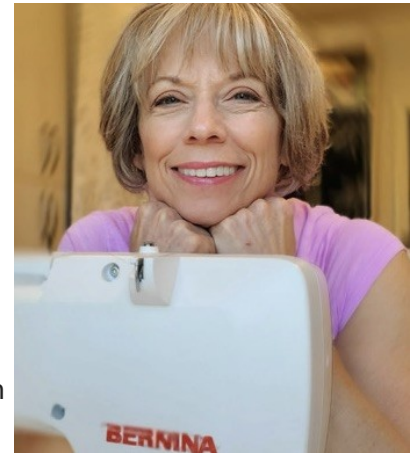
My work has been juried into a variety of major shows including Houston and Paducah as well art galleries and SAQA exhibits. Some are held by private collectors.

I call myself the Quilt Skipper because once while quilting my own quilt, I was so delighted by the unexpected beauty of it and what emerged from my needle, that I found myself cheerfully skipping around the house when I took my breaks. It is my joy to create art with free motion quilting.

My current work is centered around whole-cloth pieces, with intricate free-hand free-motion quilting. Because there is little or no piecing, the story is told through the line of the thread. I consider this work to be "sculpting" the fabric since the stitches create line and shadow upon the quilt's surface.

Time: 10:00 AM—12:00 PM

Guest Fee: \$10.00 (non-refundable)



Membership Dues

Membership dues are \$50.00. It is preferred that dues are paid by check or can be given to Jean DeFrances at the Guild Meeting or sent to Jean DeFrances, 6451 Parkview Drive, Boca Raton, FL 33433. Dues may also be paid by credit card through the Guild website, QuiltGuildbytheSea.com.

UPCOMING PROGRAMS:

July 9, 2024

Program: Meg Cox presents *Behind the Scenes of the World's Greatest Quilt Museum*

Let Meg Cox, who serves on the board of advisors for the International Quilt Museum in Lincoln, Nebraska, open the vaults and reveal the treasures of this astounding place. Her PowerPoint lecture will show you masterpiece quilts, introduce you to curators and break down the steps in mounting an exhibition. IQM boasts a broad and unique collection of American quilts,, including the red and white quilts that dazzled the quilt world when hung in Manhattan's Park Avenue Armory in 2011. But it has also collected quilts from more than 55 countries. Meg created this presentation to benefit the museum she loves so she donates every penny to the IQM. To make it even more fun, the museum will donate a fun door prize from its museum store to your guild.

Meg Cox is a veteran journalist and author who has been quilting since 1988. Her writing career includes 17 years on staff with the Wall Street Journal. For over a decade, her journalism and lectures have focused almost exclusively on the topic of quilts. She has been a staff writer at Quiltfolk magazine since 2018 and has written a popular FREE newsletter called Quilt Journalist Tells All! since 2008. Her bestselling resource guide *The Quilter's Catalog* was published by Workman. She has taught quilting at guilds and museums across the country and is currently on the advisory board of the International Quilt Museum in Lincoln, Nebraska.

Time: 10:00 AM—12:00 PM

Guest Fee: \$10.00
(non-refundable)



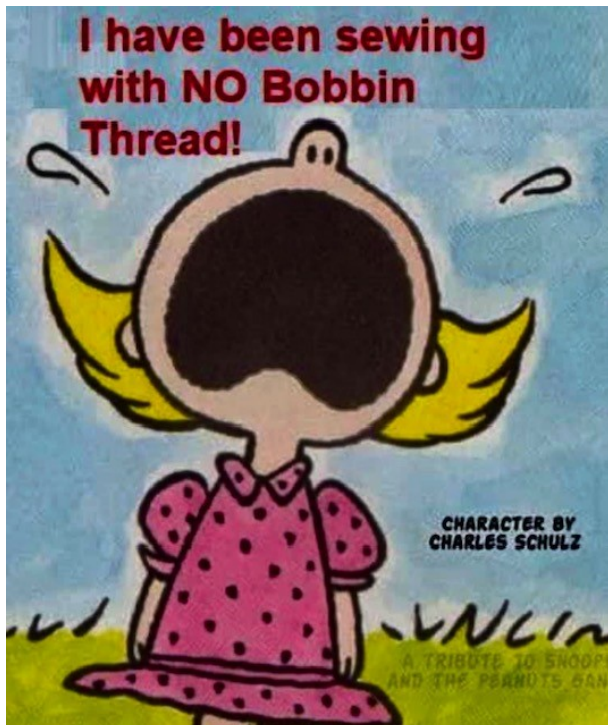
MONTHLY FAT QUARTER LIST FOR 2024

MAY	Florals
JUNE	Flags/Patriotic
JULY	Summer/Brights
AUGUST	Plaids
SEPTEMBER	Halloween
OCTOBER	Fall
NOVEMBER	Polka dots



FAT QUARTER DRAWINGS

Monthly fat quarter drawings will at the end of each meeting before Show 'N Tell. The theme for May is Florals and June will be Flags/Patriotic. Bring a fat quarter and you may be the winner of a terrific selection of new fat quarters for your stash!



OUTREACH PROGRAM ASSISTANCE NEEDED FOR JUNE:

- Pat Lynes will need a back-up for her position in June while she is in Italy. Please contact her by phone at 909-331-7549 or via email patlynes29@gmail.com if you are willing and able to lend a hand.



MANAGER POSITIONS OPEN FOR 2024

Comfort Quilt Manager:

- Coordinate and store fabric donations
- Make patterns and kits
- Buy, store and distribute batting
- Coordinate label purchase
- Set up monthly meeting table with all items for member use
- Give a monthly report in person at meeting and email with pictures for newsletter.
- Check every quilt for stray pins, threads, and label before delivery.
- Organize delivery arrangements
- Organize and set up guild outreach workshops
- Organize and prepare quilt tops for longarmers or others willing to quilt and bind.

Workshop Manager:

- Select subject for workshop
- Coordinate sign up sheet, time, place, and cost of workshop (Workshop cost needs to cover expenses of the workshop; costs will break even).
- Supervise room set-up, etc.
- Collect workshop fees & give to treasurer.

SHOW AND TELL

SHOW 'N TELL VOLUNTEERS NEEDED

Volunteers are needed at our in person meetings to hold Show 'N Tell quilts and assist Marlys with pictures. Please contact Linda Eddy (561-376-3996) or email eddylinda1007@yahoo.com if you would be willing to help.

EVENTS CALENDAR:

May 8, 2024	QOV Mini Workshop
May 14, 2024	General Meeting
May 22, 2024	QOV Mini Workshop
May 28, 2024	Board Meeting
June 11, 2024	General Meeting
June 12, 2024	QOV Mini Workshop
June 25, 2024	Board Meeting
June 26, 2024	QOV Mini Workshop
July 9, 2024	General Meeting
July 10, 2024	QOV Mini Workshop
July 24, 2024	QOV Mini Workshop
July 30, 2024	Board Meeting



I CAN'T CLEAN
MY SEWING
ROOM BECAUSE I
GET DISTRACTED
BY ALL THE GOOD
STUFF I FIND.

"THE FRANK MCGEE MEMORIAL QOV WORKSHOP"

Nominate a Veteran

Do you know a deserving Veteran that was touched by war? It is time to nominate them. We have many quilts available right now to present. Reserve one for a family member, a friend, a colleague, a neighbor, etc...or tell them how to nominate themselves.

It's easy to nominate a Veteran in 4 easy steps:

- Sign in to **QOVF.org**
- The link to nominate a veteran for a Quilt of Valor.
https://www.qovf.org/nominate_qov_tbw_certify/
- Click "Nominations and Awards" at the top of the page
- Read the Eligibility and Mission of Quilts of Valor
- Click the box for "online nomination form" and complete the form
- In the comments area, please write that you wish to have this quilt request go to QGbtS.



QOV NEWS:

- 33 QOV Quilts completed YTD.
- 40 QOV quilts have been awarded YTD.
- **NEEDED:** Wrappers are needed on May 23rd at the VA Hospital in West Palm Beach for a QOV presentation
- **Do you live in an area with Veterans?** Help us plan presentations for 2024. Let Linda Bouvier know at lbouvier@bellsouth.net

QOV WORKSHOP AT LAURA'S:

- QOV Workshops at Laura's are scheduled on May 8th and May 22nd from 11 AM—3 PM. Please contact Rochelle Staiano at (203) 505-0273 or via email: sashakins@hotmail.com if you would like to attend or sign-up on the sign-up sheet at the monthly Guild meeting.



QOV Workshop on March 25, 2024

QOV PRESENTATIONS:

Pat L. presented QOV quilts to Jose Testa and John Sloan.



QOV PRESENTATIONS:

Linda B. presented QOV quilts to Jeffrey, Air Force, Brian Demers, Army, and Joseph, Army, at the American Legion.



QOV PRESENTATIONS:

Grace O. had the great honor of awarding a Quilt of Valor to 99 years young Navy veteran Edward K. He served as a Navy pilot and told us stories about learning to fly from his tough women pilot instructors. He was thanked for his service to our country and welcomed home.



QOV PRESENTATIONS:

Grace O. had the honor of awarding Quilts of Valor to four veterans on behalf of Quilt Guild by the Sea. Kermain K. served in the Army in Iraq. Jesus M. served in the Army in Haiti, the Sinai Peninsula, and Egypt. Alexis R. served in the Navy on the Harry S. Truman Aircraft Carrier in Saudi Arabia, Greece, Gulf Sea, Mediterranean Sea, Slovenia, and Dubai. Luis O. (not pictured) served in the Army in Kuwait and Iraq.



COMFORT QUILTS:

COMFORT QUILT NEWS:

- YTD we have received 91 completed Comfort quilts.
- Twenty-five Comfort quilts were delivered to Lynn Cancer Center and 25 to Pinecrest Rehabilitation Center in April.
- 13 members attended the Outreach workshop on April 17th.
- NICU quilts are always needed and much appreciated. As well as men's and teenage boy Comfort quilts.

Comfort quilt size specifications are:

- Juvenile Comfort Quilts are needed in Trauma Centers.
Crib size is suggested.
- Teenage and Tween Comfort Quilts are needed. The size should be approximately 40" X 70" in bright colors, geometric or modern prints, sport prints, or denim fabrics.
- The Guild has some batting available.
- Novelty and juvenile fabrics are needed as well as 2 yard measures of fabric for backings. Contact: Pat Lynes at 954-331-7549 or email: patlynes29@gmail.com with any questions.
- **NOTE:** Quilt tops should be 40" wide so that we can use one width of fabric and do not have to piece the backs. If you are using your own backing and batting and are doing your own quilting, feel free to make them wider and/or longer.
- The size of the NICU coverlets quilts is **36" X 36"**.
- We need domestic machine quilters to help us get our quilt tops finished! Feel free to practice your quilting or quilt simple straight lines. Take the time and opportunity to quilt your Comfort quilts on your machine; practice, hone your skills, and try new techniques and patterns. The final product does not have to be perfect.
- Longarmers are needed to quilt Comfort Quilts. If you would like to volunteer your skills, please contact Linda Eddy.



OUTREACH WORKSHOP GALLERY:

Thirteen members of QGbtS attended the Outreach Workshop at BRCC on April 17th.



OUTREACH WORKSHOP GALLERY (Cont'd)



NICK'S CAMP UPDATE:

- The goal of 150 quilts and Pillow Pals for Nick's Camp has almost been reached; we have received a total of 75 quilts and 61 Pillow Pals to date.



FIDGET QUILTS:

- YTD 28 Fidget quilts have been received; 11 were received in March.
- The demand for Fidget Quilts, for adults and children, is higher than we are able to meet. Think about using UFOs or some unfinished projects and turning them into Fidgets! **Many more are needed for our community.**
- **Join the Fidget Challenge!** It's as simple as creating 1 Fidget quilt per month.
- Needed: Embellishments, knick-knacks, and any other fun objects to create Fidget quilts! Please contact Ellen Heckler if you have anything to donate. Placemats make wonderful Fidgets; all they need is embellishments.
- For additional information, please contact Ellen Heckler 561-245-8280 or by email at Ellen.heckler@gmail.com



COMFORT BEARS/PILLOW PALS:

- There are several new bears in production.
- Two completed Comfort Bears were received for Nick's Camp.
- Comfort Bear kits complete with paper pattern, fabric and ready-to-sew -on bear faces are available. This is a quick and easy project that will make a child smile.
- **Please do not fringe corduroy bears - they shred.**
- Pattern and instruction for the Bear can be found on the QGbtS website.
- If you need fiberfill stuffing for your bears or have any questions, or need additional information, contact Pat Lynes: 909-331-7549 or email pat_lynes@yahoo.com

NOTE: If you have taken any bear faces and not returned a completed bear, please do so. We have a limited number of faces. Thank you!

PILLOW PALS

- Pillow Pals are being well received. Currently there are 18 available.
- Additional Pillow Pal kits will be available at the General Meeting or contact Jean DeFrances for more Pillow Pal information.



Working With Your Hands Is Good for Your Brain

By Markham Heid, March 28, 2024

Submitted by Rochelle Staiano

The human hand is a marvel of nature. No other creature on Earth, not even our closest primate relatives, has hands structured quite like ours, capable of such precise grasping and manipulation.

But we're doing less intricate hands-on work than we used to. A lot of modern life involves simple movements, such as tapping screens and pushing buttons, and some experts believe our shift away from more complex hand activities could have consequences for how we think and feel.

"When you look at the brain's real estate — how it's divided up, and where its resources are invested — a huge portion of it is devoted to movement, and especially to voluntary movement of the hands," said Kelly Lambert, a professor of behavioral neuroscience at the University of Richmond in Virginia.

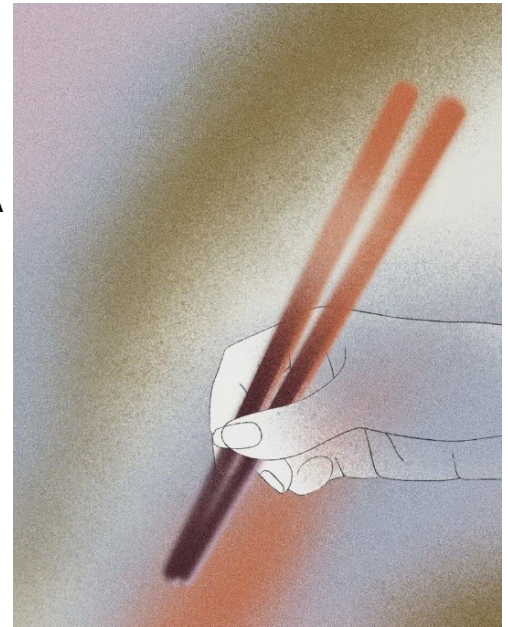
Dr. Lambert, who studies effort-based rewards, said that she is interested in "the connection between the effort we put into something and the reward we get from it" and that she believes working with our hands might be uniquely gratifying.

In some of her research on animals, Dr. Lambert and her colleagues found that rats that used their paws to dig up food had healthier stress hormone profiles and were better at problem solving compared with rats that were given food without having to dig.

She sees some similarities in studies on people, which have found that a whole range of hands-on activities — such as knitting, gardening and coloring — are associated with cognitive and emotional benefits, including improvements in memory and attention, as well as reductions in anxiety and depression symptoms.

These studies haven't determined that hand involvement, specifically, deserves the credit. The researchers who looked at coloring, for example, speculated that it might promote mindfulness, which could be beneficial for mental health. Those who have studied knitting said something similar. "The rhythm and repetition of knitting a familiar or established pattern was calming, like meditation," said Catherine Backman, a professor emeritus of occupational therapy at the University of British Columbia in Canada who has examined the link between knitting and well-being.

(Cont'd)



Working With Your Hands Is Good for Your Brain (Cont'd)

However, Dr. Backman said the idea that working with one's hands could benefit a person's mind and wellness seems plausible. Hands-on tasks that fully engage our attention — and even mildly challenge us — can support learning, she added.

Dr. Lambert has another hypothesis. "With depression, people experience something called learned helplessness, where they feel like it doesn't matter what they do, nothing ever works," she said. She believes that working with one's hands is stimulating to the brain, and that it could even help counteract this learned helplessness. "When you put in effort and can see the product of that, like a scarf you knitted, I think that builds up a sense of accomplishment and control over your world," she said.

Some researchers have zeroed in on the possible repercussions of replacing relatively complicated hand tasks with more basic ones.

In a small study of university students published in January, Norwegian researchers compared the neurological effects of writing by hand with typing on a keyboard. Handwriting was associated with "far more elaborate" brain activity than keyboard writing, the researchers found.

"With handwriting, you have to form these intricate letters by making finely controlled hand and finger movements," said Audrey van der Meer, one of the authors of that study and a professor of psychology at the Norwegian University of Science and Technology. Each letter is different, she explained, and requires a different hand action.

Dr. Van der Meer said that the act of forming a letter activates distinctive memories and brain pathways tied to what that letter represents (such as the sound it makes and the words that include it). "But when you type, every letter is produced by the same very simple finger movement, and as a result you use your whole brain much less than when writing by hand," she added.

Dr. Van der Meer's study is the latest in a series of research efforts in which she and her colleagues have found that writing and drawing seem to engage and exercise the brain more than typing on a keyboard. "Skills involving fine motor control of the hands are excellent training and super stimulation for the brain," she said. "The brain is like a muscle, and if we continue to take away these complex movements from our daily lives — especially fine motor movements — I think that muscle will weaken." While more research is needed, Dr. Van der Meer posits that under stimulation of the brain could ultimately lead to deficits in attention, memory formation and problem solving.

But as with knitting and coloring, some experts question the underlying mechanisms at play.

(Cont'd)



Working With Your Hands Is Good for Your Brain (Cont'd)

"With some of this research, I think it's hard to dissociate whether it's the physical movement of the hands that's producing a benefit, or whether it's the concentration or novelty or cognitive challenge involved," said Rusty Gage, a professor at the Salk Institute for Biological Studies in San Diego.

Dr. Gage studies how certain activities can stimulate the growth of new cells in the brain. "I think if you're doing complex work that involves making decisions and planning, that may matter more than whether you're using your hands," he said.

That said, the benefits of many hands-on activities aren't in doubt. Along with gardening and handicrafts, research has found that pursuits like making art and playing a musical instrument also seem to do us some good.

"You know, we evolved in a three-dimensional world, and we evolved to interact with that world through our hands," Dr. Lambert said. "I think there are a lot of reasons why working with our hands may be prosperous for our brains."

SHOW 'N TELL—APRIL:

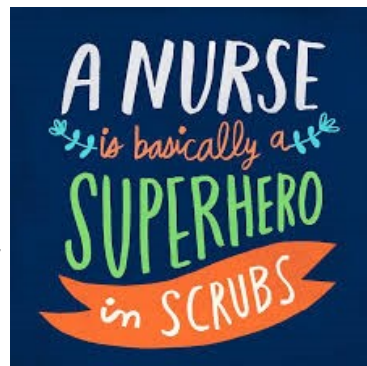
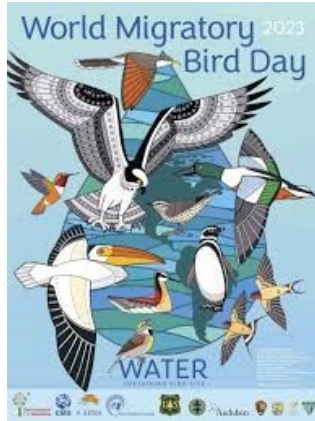


SHOW 'N TELL—APRIL:



WILD AND WACKY HOLIDAYS—MAY:

- May 3: World Textile Day**
- May 4: Kentucky Derby**
- May 5: Cinco de Mayo**
- May 6: Nurses Day/National RN Recognition Day**
- May 9: Children's Mental Health Awareness Day**
- May 10: Clean Your Room Day**
- May 11: World Migratory Bird Day**
- May 12: Mother's Day**
- May 13: Indigenous Arts Day**
- May 17: Pizza Party Day**
- May 18: Preakness:**
- May 20: International Red Sneakers Day**
- May 21: International Tea Day**
- May 23: World Turtle Day**
- May 24: Scavenger Hunt and Treasure Hunt Day**
- May 27: Memorial Day**
- May 30: National Creativity Day**



“creativity is intelligence having FUN”

- ALBERT EINSTEIN



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