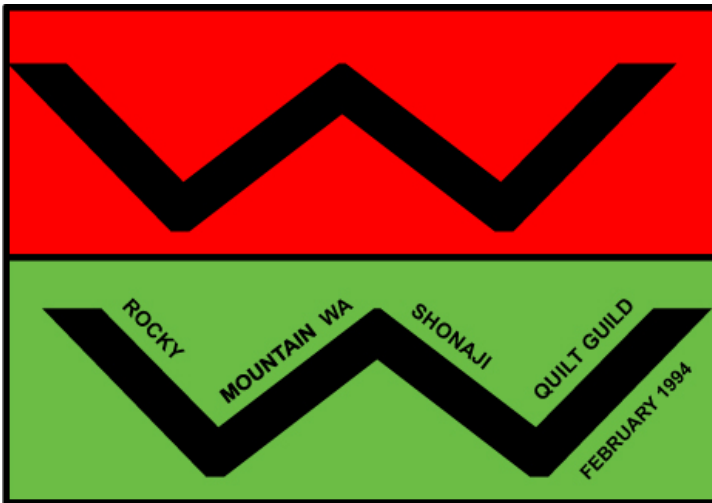


Rocky Mountain Wa Shonaji Quilt Guild

November 2021 Newsletter



Featured in this newsletter is Carolyn Somerville! Carolyn rejoined Wa Shonaji in 2020. She shares how she lost and then found her inspiration, drawing from deep spirituality. This same inspiration helped her in the healing process after a near-death experience in 2020. Read about Carolyn on p. 6.

November 6 Meeting

On Pins and Needles!

Not a judgement on your sewing room floor! Joanne Walton will explore the types of needles, pins and thread used for piecing and quilting. With all the varieties of needles, pins and thread, it is helpful to know the different task each is designed to perform and how to ensure that the size of the needle and the size of the thread correspond with what is being pieced or quilted. Often, problems with sewing machines are due to the wrong size needle - or a dull needle! On that note - **How often do you change your needle?!**



*My Soul is Fed
By My Needle
and Thread*

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Wa Shonaji members made the trek to International Quilt Show over Halloween weekend! Those of us left behind look forward to hearing all about it!

President's Piece

The RMWSQG has so many exciting activities coming up! Block of the Month quilts are being finished, our holiday luncheon plans are coming together and we have a lot of exciting programs planned for 2022. I look forward to seeing you all at the November 6 meeting and I hope you all have a safe and happy Thanksgiving!

- Geneva Lottie



Parliamentarian's Patch

The COVID pandemic threw a monkey wrench in Wa Shonaji's usual procedure for electing officers. We have only had two physical meetings in 2021 and most members are still using Zoom. Usually, a slate of names for office is presented to the membership at the October meeting and voting occurs in November. This year, we are presenting a slate for the membership to approve. Unless a guild member volunteers (read: nominates themselves) for a position, the slate presented below will be elected and installed for the 2022 year.

- President - Geneva Lottie
- Vice President, Programs - Joette Bailey-Keown
- Vice President, Membership - Linda White
- Secretary - Rosemary Sherrell
- Treasurer - Nannette Locke
- Past President - Joanne Walton
- Historian - Brenda Ames
- Librarian - Connie Turner
- Newsletter Editor - Monica Lynn
- Parliamentarian - Edith Shelton

Many thanks to Carolyn Somerville and Sandra Coleman who volunteered to be part of the Nominating Committee soliciting members to run for office.

- Edith Shelton

Secretary's Scraps

Highlights from the October Meeting

- 26 people attended the meeting; 16 in person and 10 via Zoom.
- The meeting was a sew-in.
- Holly Hurd will present “Appliqué” at the January 2022 meeting.
- Gary Jackson will present at the February 2022 meeting.
- Potential future presentations falling under the “Each One Teach One” Wa Shonaji theme include: hand and machine appliqué and the Crazy Quilt Block.
- Di Nyce Brooks demonstrated a pillow with the “Cathedral Windows” pattern for a possible class in April.
- Wa Shonaji will need to find a new meeting place after the March 2022 meeting; potential locations include: Cross Purpose, Sam Gary Library, District 2 and the Red Shield.
- Until further notice, Board meetings will be held at 10:15 and the General meetings will begin at 11:30.
- Wa Shonaji has been asked to present a Trunk Show for the [Monarch Quilt Guild](#) in Salida/Buena Vista next year.
- Joette contacted Denver International Airport about exhibiting RMWSQG quilts at the airport. DIA responded that RMWSQG would need to submit a proposal. Chris Jacques motioned to explore development of a proposal for an exhibit at DIA with an undetermined date and theme. The motion was approved.
- Edith Shelton, Karen von Phul, Rosemary Sherrell, De Lois Powell and Artie Johnson shared their quilts. October's show and share can be viewed on the [Wa Shonaji website](#).



**January and February 2022
meetings will be held on the
SECOND Saturday of the
month.**

On Point with the Exhibit Committee

Viewer's Choices Have Been Made!

The 2021 "Faces" and "Things Ain't What They Used To Be" exhibits are on the [Wa Shonaji website](#) - and they are impressive!

Viewer's Choices have been made and the winners are:

- First Place (\$75.00): Joanne Walton, "Scrappy Lady"
- Second Place (\$50.00): Camilla Edwards, "Miss Whimsey Face"
- Third Place (\$25.00): Mary Lassiter, "Queen Polyester"



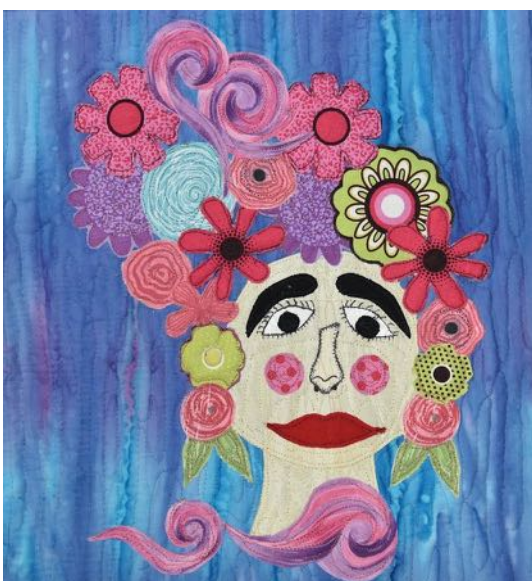
Joanne Walton
"Scrappy Lady"

Category: Things Ain't
What They Used to Be



Mary Lassiter
"Queen Polyester"

Category: Things Ain't
What They Used to Be

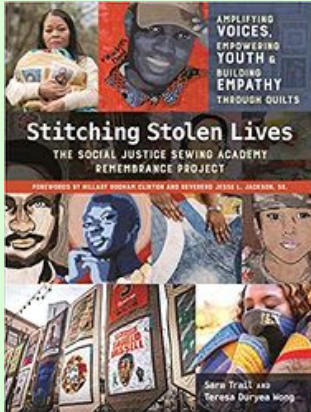


Camilla Edwards
"Miss Whimsey Face"
Category - Faces

Librarian's Loft

During the November meeting, Wa Shonaji will decide whether to keep the Guild Library.

- Connie Turner



Stitching Stolen Lives: Amplifying Voices, Empowering Youth & Building Empathy Through Quilts

By
Sara Trail

Stitching Stolen Lives is an in-depth look at the mission and work of the Social Justice Sewing Academy (SJSA) Remembrance Project. The SJSA remembers the lives lost to social injustices and shares the stories of the individuals and families. The book is a compilation of extraordinary portrait art quilts that memorialize the individuals and say their names, over and over. SJSA also works with young adults and teens to help them find their voice through the art of fabric and quilting. By working with SJSA, students learn how to cut fabric and make quilt blocks. Along the way, the students find the strength to express the systemic problems that plague their everyday life through their artwork. This book shares stories and insight into the lives lost and the long-overlooked, heart-rending truths shared by teens and young adults.

The Corner Library

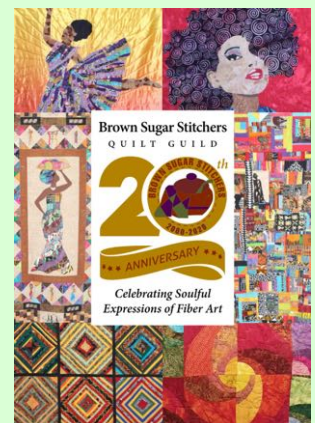
The Corner Library is a monthly feature where members tell us about a quilting book. The book can be new or an old favorite. [Send in](#) the name of the book and a photo and tell us about it!

Consider telling us:

1. What made you purchase the book?
2. If it is an old favorite, why has the book stood the test of time?
3. Did you complete a project from it?
4. If so, did you make it exactly as instructed or did you put your own spin on it?
5. Would you recommend Wa Shonaji add this book to our library?

20th Anniversary: Celebrating Soulful Expressions of Fiber Art

By
The Brown Sugar
Stitchers Quilt
Guild



This book celebrates the [Brown Sugar Stitchers Quilt Guild's](#) twenty years of using creative spirits through thread, needle, batting and fabric to acknowledge and support our family, friends, community and personal creativity.

Member Spotlight: Carolyn Somerville



The “Quilters” watch Carolyn at play.

Carolyn Somerville was a member of Rocky Mountain Wa Shonaji Quilt Guild in years past, recently reactivating her membership in January of 2020. She likes making different types of quilts: *“I simply have a love affair with fabric... colors, vibrant or muted, patterned or plain, simple or fancy. I find pleasure in the feel of a good quality fabric, especially natural fibers and I am inspired to create because of my relationship with the creator of all things, God.”*

As children, Carolyn and her sister, Mary Lassiter, sewed doll clothes from repurposed fabric by hand. She received her first sewing machine in junior high, a heavy-duty Kenmore in a wooden cabinet, which she still owns. In high school, Carolyn learned to sew “properly” on a treadle machine. Carolyn has fond memories of her teacher, Hazel Spangenberg, asking for the remnants from the student’s sewing projects and sorting the scraps by type and color in floor-to-ceiling cabinets for use in charity work. Although Carolyn doesn’t know if Mrs. Spangenberg was a quilter, she did teach Carolyn to make a crazy patch upholstered

footstool that was embellished with colorful embroidery and cross-stitch. Carolyn made the footstool as a Christmas gift for her mother. Carolyn often remained after school learning to cut out patterns with minimal fabric waste and honing her tailoring skills. In college, Carolyn made much of her own clothing and sewed for others as well.

As adults, Mary shared her excitement about quilting with Carolyn and Carolyn joined in, learning to quilt by making traditional quilt blocks and samplers. Her first quilting class was the log cabin with former guild member, Cynthia Caitlin. The log cabin remains her favorite quilt block to this day. She also learned different techniques while participating in Guild workshops and taking classes at the Great American Quilt Factory. A scrap quilter at heart, Carolyn believes that even cast-offs have purpose and may be useful. An avid reader, she also loves *“prayerfully chosen, carefully spoken words,”* and finds pleasure in adding words and embellishment to fiber art. She admits that appliqué is her least favorite technique because of the focus it requires; however, her attitude towards it has improved through a process of learning to slow down and be more mindful about her quilting.

When asked what inspires her quilting, Carolyn responded by first sharing how uninspired she had become toward the end of 2019. *“I was discouraged, having become quite ill over the past several years. I considered where my life was going and, though in seminary and somewhat fulfilled in ministry to others, I was not taking good care of myself. I asked God what was going wrong, and he responded that I simply needed to play more.”*

Member Spotlight Continued

This insight returned Carolyn to her love for creativity, playing with fabric and restoring things to a useful purpose, *“much like God does in the lives of individuals; he takes brokenness and mends it, sewing disjointed pieces and frazzled lives back together into a beautiful work of art.”*

Carolyn had a near-death experience in April 2020 and, following extended hospital stays and rehabilitation, she learned to walk again in September 2020. Carolyn was in quarantine most of that time. At the last rehabilitation facility, Mary was allowed to bring Carolyn a laptop and a box of fabrics with sewing tools, hoping that some hand piecing would help her pass the time. Carolyn could not use her hands much, but simply touching the fabric provided solace. Today she is still in recovery and, though physically hindered at times, Carolyn reads or views something about quilting almost daily. She writes notes and ideas for fabrics from her stash and plans to *“prayerfully and playfully”* be quilting for many years to come.

Carolyn is inspired because she is fully alive and has learned to trust God more. She began a journey she calls *“sewing with the Spirit”* and says; *“sewing with the Spirit of God is my best source for ideas and inspiration. He has such a sense of humor and has shown me that I can do things I may have thought I could not.”* An example of this was with the Guild’s “Faces” quilts. She had never done a face before but was moved by Freddy Moran’s story that when she was severely depressed, she decided to sew one face per day. At day fifty-one, Freddy came out of her depression. Quilting does allow us to sew our troubles away. Carolyn believes *“these encounters are God-ordained, so I asked the Spirit to help me with making a face”*, and she was able to do it.

Carolyn has two adult sons, David, who lives in Georgia, and Daniel, who moved back to Colorado from Oregon to assist his mother during her recovery. Carolyn works remotely for the State of Colorado, Department of Labor and Employment. Ordained as a pastor in 2013, Carolyn is involved in Christian ministry, attends Denver Seminary and serves as a hospital chaplain. She is also a volunteer clergy with Kairos Prison ministry at the Denver Women’s Correctional Facility. After a pause during the pandemic, she is returning to her ministry activities.



A few “PHDs” and strip blocks.

Her advice for other quilters came from a time she was counting and whining to God about all of her unfinished projects... *“When you have unfinished projects, it doesn’t benefit you to count them. If you have as many as I had, you can become discouraged and overwhelmed. I learned instead to review each project, top, blocks, pieces of a starter, etc. and determine if I still like it or not.”*

Those I no longer wish to complete, I let them go.

Those I want to complete, I sort with notes on what I believe may be possible and one by one, I set my mind on finishing. I no longer harbor guilt over cost, waste or having lost interest. Possessions at times come into our lives to show us what we like as well as what we do not like. Don’t waste good quilting time working on a project you no longer want to do.”

Wa Shonaji Zigs and Zags

Wa Shonaji Featured in Rocky Mountain Quilt Museum Exhibit

Joanne Walton and Linda White had pieces exhibited at the RMQM Exhibit at Echter's Greenhouse and Garden Center from October 1-3.

Thank You Luana!



On October 22, Marcia Walker and Joanne Walton journeyed to eQuilter in Boulder, CO and picked up a plethora of fabric donated to the Guild by Luana Rubin of eQuilter.com. Some fabric is wide for backings and some will be good for making charity quilts or other charitable items. Marcia and Joanne plan to bring the fabric to a meeting in 2022.

Luana also donated copies of Art Quilt Quarterly, [Quilting is my Therapy](#) by Angela Walters and "[Stitching Stolen Lives, The Social Justice Sewing Academy Remembrance Project](#)" by Sara Trail and Teresa Duryea Wong. Wa Shonaji will have copies for our library and other venues.

Luana Rubin of eQuilter is such an AWESOME supporter of Wa Shonaji Quilt Guild. Thank you, Luana, for your continued generosity and contributions to the community!



Upcoming Wa Shonaji Programs

- November 6, 2021: "On Pins and Needles" facilitated by Joanne Walton.
- December 2021: Holiday Luncheon - stand by for details!
- January 8, 2022: [Holly-Kai Hurd](#) will present on appliqué.
- February 12, 2022: Gary Jackson, a retired judge, will present "Lincoln Hills and Winks Lodge."
- March 5, 2022: March is National Quilt Month and March 19 National Quilting Day! Can someone explain why it isn't a paid holiday? Mary Lassiter will facilitate an "Each One Teach One Activity."
- April 2, 2022: Cathedral Windows quilt, taught by Di Nyce Brooks-Gough.

Honorary Member Valerie White Exhibits at The National Quilt Museum

Valerie White's [Roots and Refuge Series](#) will be exhibited at the National Quilt Museum in Paducah, KY from November 5, 2021 - March 1, 2022.

Contribute to a Freedom Quilt Workshop

Karen Von Phul volunteered to help with the Freedom Quilt Workshops project and it's not too late to help her out by making a block. She will collect them at the November 6 meeting.

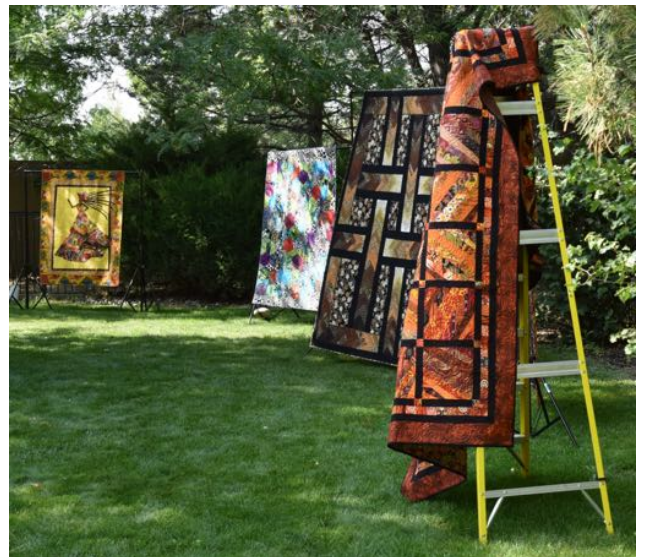
Freedom Quilt Workshops are free to any Veteran. At the workshop, Veterans get pattern instructions and fabric kits and join a project to make a quilt for Veteran assisted-living facilities, Veteran homeless programs and other Veteran support programs.



September 4 Party Pictures



More Party Photos!



November Recipe

I am constantly making yogurt and kefir. Therefore, I always have some form of one or the other in my refrigerator at all times. I know that both are great for my gut health, but, for me, eating/drinking these foods is like eating cottage cheese - it is milk in an altered state that is not a firm cheese. That first taste is always terrifying, but after the initial bite, it goes down much easier.

Another problem with my homemade yogurt is that it tends to separate into curds and whey. The whey is the problem. Many times I use it in pancakes, and other times I drink it. Trying to stay away from pancakes (I use too much maple syrup), I need to drink it, but, what can I do to make it less scary?

One night, a few weeks ago, I needed to drink quite a bit of my whey supply and decided to flavor it with something other than honey. I looked in my cabinet and found a bottle of Creme de Cassis and voila! A shot of that made it almost delicious!

Do not fear, fellow members, yogurt and Crème de Cassis is not November's recipe, but merely a freebie. With the abundance of this year's apples, how could I not have this month's recipe be an apple dish! We have two heavily laden trees, not to mention our neighbor's tree hanging over the fence. Joette, do you have any left? What is more, this recipe for cheddar and apple grilled cheese sandwich is super simple.

Cheddar and Apple Grilled Cheese Sandwich

Ingredients:

- 4 slices sourdough bread
- 6 slices sharp Cheddar, about 3 ounces
- Half apple, cored and thinly sliced
- 2 tablespoons soft butter (or mayonnaise)
- 2 slices of cooked apple smoked bacon (optional)

Directions:

Put 2 slices of bread on a cutting board or work surface. Top with 2 slices of cheese, the apple slices (and bacon, if using), a third slice of cheese and another piece of bread. Press down lightly.

Spread butter (or mayonnaise) on both sides of the sandwich and place on a hot skillet. Cook until the bread toasts and the cheese is slightly melted, 3 to 5 minutes. Flip with a spatula. Adjusting the heat as needed, cook about three more minutes or until the other side is toasted and the cheese is completely melted.



Note: For the ultimate grilled cheese sandwich, watch the extra portion of the movie Chef and learn [Chef Roy Choi's grilled cheese cooking technique](#).

Creative Quilters

A Few Thoughts from Mary Lassiter, V.P. Programs

Greetings quilting friends!

Have you ever taken a close and deep look at your personal creativity, inspirations, unique brainstorm and incredible bursts of creative energy? Asking yourself simple questions, such as who, what and why, is one way to spark your creative genius.

Maya Angelou was indeed creative. One of her gifts was writing.

Textile artist, Maurena Lambert is a creative visionary influenced by gardens, mathematics and botany. She said, "My vision has evolved so I can see both the full and the empty, and I continue to experiment with this creative concept."

Wen Redmond is a mixed media textile artist who creates textile dialogues. She often uses the same piece to recreate another piece by changing perspectives. I see this as continuing the conversation – so to speak. Same theme, different viewpoint.

As for me, I am a dreamer of ideas and love working with themes and musings. Often when I am creating, I come up with several ways to accomplish what I want to see by manipulating the cloth, textiles, buttons, silk ribbon, yarn, beads, appliqué, trapunto and paint that I use for my quilts.

Textile artists often work when inspired. The result can be literal, or figurative. Some artists use carefully organized forms, such as blocks and patterns, where others prefer to let the fabric **lead** the way in the creative journey.

you can't
use up **creativity.**
The more you use,
the more you have.
~MAYA ANGELOU



When creating quilts, some find they are more passionate for a particular aspect of quilt making that gives them the greatest creative joy. Examples include dyeing materials, quilting, and design.

Asking yourself simple questions, such as who, what and why, is one way to spark your creative genius. Here's an example: This year's Rocky Mountain Wa Shonaji quilt exhibit theme is "Things Ain't What They Used To Be." Who? The "who" is dual in nature and can refer to myself (or yourself), the creator of the quilt, or who the quilt is for (in this case, the exhibit).

What? The "what" is conceptual. I conceptualized a direct correlation between the theme and my personal life. I used the 70's polyester fabric to develop the theme until I came up with my quilt. I wanted to use flowers, but instead of a literal representation I chose to use the Dresden block to symbolize flowers.

Creative Quilters (continued)

Why? There is always a why. The “why” can be simply to play in your fabric or to create using a purchased pattern or idea. The “why” may have a deeper meaning. It may be to address social justice issues such as “voting rights,” it may be a protest, it may be of a spiritual nature like the “Sacred Threads” exhibits or it may be a personal story. The “why” in my quilt was a bit biographical, representing a happy memory.

So many ideas and options for making something beautiful and/or thought-provoking can prompt creativity. Creating begets creativity; the more we use it, the more creative we become. The more we explore creative ways to make something (digital printed fabric, dyeing, embroidery, beading, painting, writing stories, piecework, appliqué and more), the more the ideas flow and flow.

“Do something creative everyday.”

Wa Shonaji, let's keep the conversation flowing!

I would love for you to submit an idea for sparking creativity, even when you are stumped. Please [send them to me](#) and I will compile your paragraphs into one document and submit them to our Newsletter Editor, Monica Lynn.

Here is your prompt:

Start by saying...“I am a creative being.”

Then complete this sentence: “In developing and strengthening my creative abilities, I find that the inspiration for my quilts come most often from...”

Thank you! - Mary Lassiter, V.P., Programs

“Anyone who works on a quilt, who devotes her time, energy, creativity, and passion to that art, learns to value the work of her hands. And as any quilter will tell you, a quilter’s quilting friends are some of the dearest, most generous, and most supportive people she knows.” - Author of the [Elm Creek Quilt Series](#),, Jennifer Chiaverini



Sunshines!



November Birthdays

3 November - Valerie White

17 November - Rosemary Sherrell

25 November - Luana Rubin

November Birthday Fun Facts:

November babies are dynamic, brave, and generous!

The magnetic Scorpio (Oct 24-Nov 22), and one of the luckiest signs, Sagittarius (Nov 23-Dec 22) are the dynamo zodiac duo that rule this month.

November birthstones are Topaz and Citrine.

November's flower is the Chrysanthemum which, according to Feng Shui, brings laughter and happiness to the home.

Love fall football? On November 6, 1869, the first intercollegiate football game was played in the U.S. between Rutgers and Princeton.

November is known for being the month that brings us Thanksgiving. It is also Peanut Butter Lovers Month and National Pepper Month!



December Birthdays

5 December - Nanci Vaughn

8 December - Julie Marsh

10 December - Stephanie Hobson

14 December - Edith Shelton

19 December - Artie Johnson

25 December - Barbara Berry-Bailey

December Birthday Fun Facts:

December babies share their birth month with many festive religious holidays, such as Christmas, Hanukkah, and Kwanzaa. It's like the whole month is lit up in their honor!

December zodiac signs are Sagittarius (Nov. 22-Dec.21), which is characterized as extroverted and optimistic, and Capricorn (Dec. 22-Jan. 19), which is described as professional and organized.

The December birthstone is turquoise, which represents prosperity, success, and good fortune.

December's flower is the narcissus, which symbolizes rebirth and respect.

Monthly observances during December include Universal Human Rights Month, Read a New Book Month, National Pizza, Pasta, Pork and Apple Month, and American Archives Month.

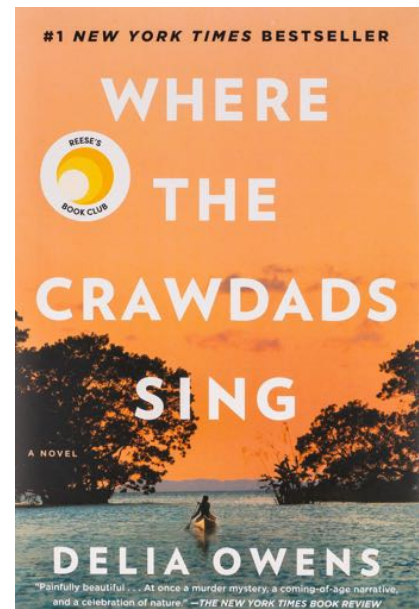
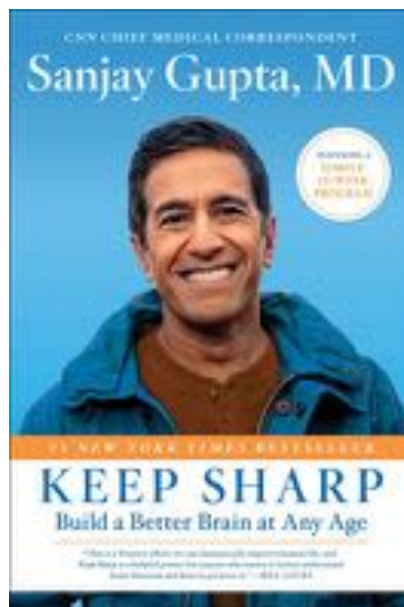
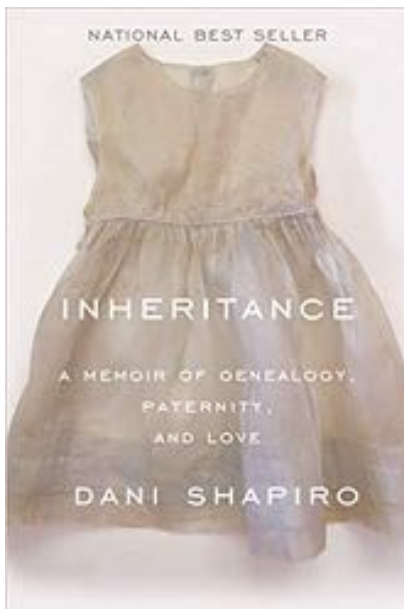
Double Tasking Quilters

Book Recommendations from Nanci Vaughn

"[Where the Crawdads Sing](#)" by Delia Owens. This book was passed on to me by one of our members. The story is about a girl who grows up alone in the marshes along the North Carolina Coast in the mid-1900's. It is a great, suspenseful book!

"[Keep Sharp: Build a Better Brain at Any Age](#)" by Sanjay Gupta, MD. Sanjay Gupta has written many books on similar subjects and I think this one is the best. The book just came out this year. It contains cutting edge scientific information on how to maintain cognitive longevity and includes a 12-week program of actions for the reader.

"[Inheritance: A Memoir of Genealogy, Paternity and Love](#)" by Dani Shapiro. Those interested in genealogy may have read this book. This book tells the true story about a woman who took a DNA test and found out her past wasn't what she always thought it to be.



What do you listen to while you quilt? Send in your recommendations and I will share them here each month!

Quilting Threads

Upcoming Quilt Shows

[Road to California](#). January 19-22, 2022. Ontario, CA

[QuiltCon](#). February 16-22, 2022. Phoenix, AZ.

[AQS QuiltWeek](#). Five shows! See website for dates and locations.

[Mesas to Monuments](#). April 8 - April 9. Grand Junction, CO.

[Quilt, Craft and Sewing Expo](#). May 26 - May 28. Castle Rock, CO.

Bookmark this [blog from Rona the Ribbiter](#) for a complete list of 2022 quilt shows!

Ken Burns Quilt Collector

The International Quilt Study Center and Museum in Lincoln, NE is hosting an exhibit featuring almost 30 quilts from the antique, hand-sewn American quilt collection of filmmaker, Ken Burns. This [short video](#) reveals what motivated Burns to share his quilts for the first time in 40 years. You can also take a [virtual tour of the exhibit](#) without making the trek to Lincoln!

Missouri Inmates Sew Quilts for Foster Children

A group of inmates at the South Central Correctional Center in Licking, MO spend their days making intricately designed quilts for foster children. Read [this heartwarming story](#) about restorative justice, which emphasizes community building and rehabilitation over punitive measures.

Rocky Mountain Quilt Museum Happenings

Current Exhibits (through January 8, 2022)

- Red & Green Beauties. From RMQM permanent collection. Discover the stories of RMQM's most precious and historic quilts from the 1830's.
- Hari Walner Memorial Exhibit. A Tribute to Hari B. Walner. Come see Hari's exquisite quilts in honor of Hari's memory and talents as a quilter and educator.

Ongoing Events

- Sunday at the Museum via Zoom. November 14 at 2 pm. Scotti McCarthy: Two Color Quilts. Scotti brings a fresh new look to this topic of red and white quilts, their history and their design.
- Free Motion Quilting. Feb 9, 16, 23, 2022 from 9:30 - 12:30 (Cost \$105).
- Working with Wool Appliqué Class. March 9 & 16, 2022 from 1-4 pm (Cost \$65).

Around the Neighborhood

[Columbine Quilt Guild](#). Making Group Quilts with Children. Presented by Kathy Emmel. November 8, 6:30 pm.

[Quaking Aspen Quilt Guild](#). [Karen Stone](#) presents "Evolution of a Quilter." Virtual meeting November 18 from 12-2:30 pm.

[Colorado Quilting Council Meetings](#). Lecture by [Sarah Ann Amith](#) "How Did She Do That?" December 4 at 10 am via Zoom.

Harriet Powers Featured in Boston Museum of Fine Arts Exhibit

Fabric of a Nation: American Quilt Stories is on exhibit at the Boston Museum of Fine Arts through January 17. This exhibit brings together the only two surviving quilts by artist Harriet Powers, including the [Pictorial Quilt](#). Also featured are pieces by Bisa Butler and Carla Hemlock. Boston seems a long way off, but you can see some of the quilts and watch some videos about the exhibit at the [Boston MFA website](#).

Sister Stitcher - Pandemic Thanksgiving



Have you met Sister Stitcher? She is a mythical quilter whose quarter inch never wavers, whose bobbin never runs out, and who finishes her projects on time. She lives in a house that never needs cleaning, with a spouse who cooks and holds up quilts as requested. Her studio space measures 100x100, with lots of natural light. Oddly enough, it never needs cleaning either.

Sister is thinking about Thanksgiving.

Sister,

Sad doesn't even begin to cover it. My son, Jason, and daughter-in-law, Annie, said they're so sorry, but we can't be together for Thanksgiving. The grand baby can't come to me until she's vaccinated. Tanya just turned three, and she has a heart condition. None of us wants to risk traveling,

It'll just be me and the cat, like it was last year. Chookie does what she can, but she ain't no grand baby.

Can I come to your house for Thanksgiving?

Lonely Grammy

Oh, Grammy,

Sister wishes you could be with your grand baby. Mr. Stitcher used to joke that the toddler next door would be in college before it was all over. It's not so funny any more. This pandemic is going on far too long for anyone's taste.

And there's no way that Sister, or you, or Chookie, can hurry it along. You're wearing your mask, you got your shot, you're staying safe. Your family is doing the same. But Tanya can't grow up any faster to get the shot.

Sister won't tell you to look on the bright side, to be grateful you have a grand baby, be glad Tanya can look forward to getting a shot, and that at least you have Chookie. Sister won't tell you to "practice an attitude of gratitude."

You're not ungrateful. Every day, you thank the Lord for what you have. You say your prayers, you know there are people who lost dear family members, you know you're blessed. You're thankful, dagnabbit! Heck, Chookie's thankful, and Chookie's a cat! You're so thankful, it's coming out of your ears! Thankful isn't the problem here.

Because it's just rude to say "Be grateful you have..." It's meant well, but it doesn't acknowledge what you're saying - that you miss your family. Being thankful won't make you miss them any less.

So, Sister's going to suggest that you have yourself a good cry, or two. You'll still miss your family, but you'll feel your burden is lighter. If Chookie curls up on your lap, that will also help. Go ahead. It's just you and Chookie, and the cat gets you.



Then, Sister suggests you make yourself as happy as you can on Thanksgiving Day. Have you ever wanted to just cut straight to the dessert? Here's your golden opportunity. Did you wish that you could have pizza instead of the "traditional turkey?" Order it with extra cheese. If it makes you happy to clean your bathroom, then you scrub on, Grammy! This is **your** day.

When Tanya telephones you on Turkey Day (probably at halftime, if your family watches football), you'll sound like the Happy Grammy she wants to see next year, not Pitiful Old Grammy, needing someone to cheer her up. Your son and daughter-in-law won't be so worried about you.

Tell Tanya that you miss her. It's the truth. But make yourself as happy as you can be without her. Don't make your holiday your family's burden. They'll thank you for it.

Sister also wishes that she could invite you to her house, Grammy. Mr. Stitcher cooks like a dream, even if he does use Every. Pan. In. The. Kitchen. But the Stitchers are invited to In-Laws' House this year. Maybe one of your guild sisters wants to escape her dishes, and come over for pizza with you? Sister won't tell.



Tips 'n Tricks

Flying Geese are so fun and so versatile - and SO much easier when you make them oversized and then trim them down to size. Tired of Googling the math? Well, you don't need to anymore! Here is a handy cutting chart, courtesy of The Crafty Quilter Designs. These dimensions will allow you to perfectly make 4-at-a-time flying geese. If you don't know how, [check out this tutorial](#). Once you know how, all you will need is this cheat sheet!

Finished Block Size	Small Squares Cut 4	Large Square Cut 1
1/2" x 1"	1 5/8"	2 1/2"
5/8" x 1 1/4"	1 3/4"	2 3/4"
3/4" x 1 1/2"	1 7/8"	3"
7/8" x 1 3/4"	2"	3 1/4"
1" x 2"	2 1/8"	3 1/2"
1 1/4" x 2 1/2"	2 3/8"	4"
1 3/8" x 2 3/4"	2 1/2"	4 1/4"
1 1/2" x 3"	2 5/8"	4 1/2"
2" x 4"	3 1/8"	5 1/2"
2 1/8" x 4 1/4"	3 1/4"	5 3/4"
2 1/4" x 4 1/2"	3 3/8"	6"
2 1/2" x 5"	3 5/8"	6 1/2"
3" x 6"	4 1/8"	7 1/2"
4" x 8"	5 1/8"	9 1/2"
5" x 10"	6 1/8"	11 1/2"
6" x 12"	7 1/8"	13 1/2"

You know how to make half square triangles (see the last issue). Half square rectangles (HSR) are just a tiny bit trickier. This [tutorial from Jacquelynn Steves](#) shows how to make perfect HSR every time.

Want a quick, fun project? Check out these [patterns for miniature](#) quilts for inspiration.

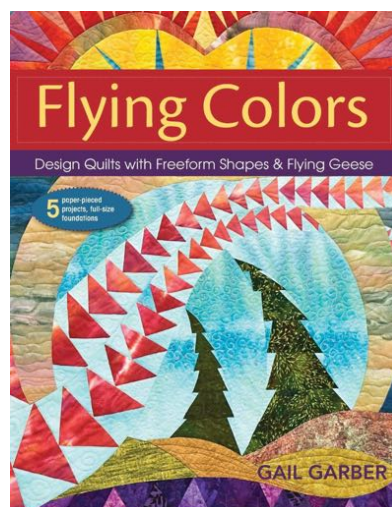
Machine quilting tips and tutorials from American Patchwork and Quilting:

- [Stitching in the ditch](#)
- [Ways to quilt 7 common blocks](#)
- [How to "quilt as you go"](#)
- [Tips for machine quilting](#)
- [Straight-line quilting](#)

Tips and tutorials from National Quilter's Circle:

- [Caring for your self-healing cutting mat](#)
- [Figuring yardage for quilt backs](#)
- [Mitering ANY degree corner](#)

Want to get REALLY creative and have some fun (a la Mary Lassiter)? Check out Gail Garber's book, [Flying Colors](#). Gail goes beyond the traditional Flying Goose block into a wild world of free form design.



Do you have a favorite tip or trick? Have you come across a new one? Please [share](#) so we can all learn it!