

## The Frayed Edge

Rainshadow Quilting Arts Guild  
POB 45  
Friday Harbor, WA 98250  
October 2014

Welcome everyone to The Frayed Edge Under New Management! Sue Beauchamp has handed the reins of the newsletter over to me. My goal for this first issue is to get it out to all of you in a timely manner- next month, I will take on Fun with Formatting. Please bear with me as I gain skills. Thanks, Nancy Best

### **Your Board, as of October 4, 2014!:**

President: Barb Snider (206-920-2621)

President Elect: Meg Lewis (378-3027) and Trish Lehman (378-3970)

Secretary: Janet Wright (378-2383)

Treasurer: Kelly Hilsinger (360-391-0590)

**Website:** RQAG.org Username: RQAG Password: Quilter

### **\*Annual Meeting Notes, 10-04-2014**

- The RQAG fiscal year is now the calendar year, so your dues are good through December 31, 2014. This makes life soooo much easier for the Camp Committee.
- The guild gave out 39 quilts to charities last year. Yay Us!!!
- We had 7 Sewcials and 4 classes this year. Thank you to the Program and Hospitality committees!
- The fair just keeps on getting better. Our intrepid long time superintendent, Krispi, said she thinks this year was the best yet. And that's saying a lot!
- Young women are wanting to learn to sew! Bonny at Creative Passions passed along a request from some young women in the community for instruction in beginning sewing. Krispi has started a class going. Bonny is making her class studio available for free for this class.
- Starting in 2015, guild classes will cost \$45. Class fees haven't gone up in years, while rents and off island instructors fees have. Anyone who can not afford a class is encouraged to apply to any board member for a scholarship. All scholarship requests are kept confidential (only the board members who need to know are privy to the name of the applicant.)

### **Coming Guild Attractions**

#### **2014**

November 8 – 11 Quilt Camp Brotherhood- more information below

December 6 – Sewcial - Judy Johnson, the Threadmonger, will join us for this Sewcial. She will give a (free) one hour-ish lunch time presentation on thread: types, uses, materials and will bring a collection of her threads for us to purchase. She requests that you come knowing the type of bobbin that your machine uses

**2015: Mark your calendar!** These dates have been reserved with the Mullis Center for classes and Sewcials. There could be changes if another class opportunity presents itself, so keep an eye on these.

January 17 Sewcial

February 21 Kitty's Shimmer Class

March 21 Sewcial  
April 18 Class???  
May 16 Sewcial  
June 20 Sewcial  
July 18 Sewcial  
September 12 Sewcial  
October 3 Annual meeting

Remember, Class sign-up is easy! Mail your \$45 check to RQAG, POB 45, Friday Harbor. Identify the class you are requesting.

NOTE: you are not signed up for a class until you have sent in a check. Please do not sign your name in the Program Book until your check has been mailed to the RQAG PO Box. It really confuses things if you sign the book without paying. The treasurer appreciates your cooperation in this.

### **\*Quilt Camp 2014**

Its getting close! Your hard working Camp Committee is working on the last details- including a list of all the quilt shops in the area! Camp Brotherhood is located near Mt Vernon, in a lovely rural setting. There are comfortable two and three bed rooms, with quilts on the beds. The facility is easy access, and the bed rooms are steps away from the building where we will be sewing.

There is still room to join the camp, for any amount of time from day camper to three nights. Call Barb Ellis 378-3722 for more information.

### **\*Amazon's Generous Offer to Nonprofits**

The guild has set up an exciting new fund raising opportunity through Amazon. You simply connect to Smile.Amazon.com to place a an order and Amazon will donate 0.5% of the sales profits back to the guild. Its is easy to set up if you have an existing account with Amazon. Also, tell your family and friends so they can support our organization too.

[Http://smile.amazon.com/ch/42-1535247](http://smile.amazon.com/ch/42-1535247)

### **\*Shimmer Quilt Class**

**With Kitty Sorgen**

**February 21, 2015**

We are delighted that Kitty will share this beautiful pattern with us. She does required that you spend about an hour with her prior to the class to choose combinations and prepare a layout of the design on paper. She will be available to work with individual students after January 1<sup>st</sup> for the February 21 class. Those who took the first class session found it fun and challenging- its a very full day! And be prepared to be sharing stashes, as this quilts takes a lot of reads-as-solids. If sharing bits of your stash with your friends makes a friendship quilt, then this one ends up being a friendship quilt, for sure!

### **\*The Power of our friendship:**

Here's a lovely article, forwarded along through friends, to Krispi, to us:

"In an evening class at Stanford University the last lecture was on the mind-body connection - the relationship between stress and disease.

The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things that a man could do for his health is to be married to a woman whereas for a

woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

At first everyone laughed, but he was serious.

Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality 'girlfriend time' helps us to create more serotonin - a neurotransmitter that helps combat depression and can create a general feeling of well-being. Women share feelings whereas men often form relationships around activities. We share from our souls with our sisters/mothers, & evidently that is very GOOD for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym. There's a tendency to think that when we are "exercising" we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged.- Not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!

So every time you hang out with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health! We are indeed very, very lucky. So let's toast to our friendship with our girlfriends. Evidently it's very good for our health.

Thanks to all the women in my life who have helped me stay healthy, happy, and feeling very loved."

### **Pins And Needles**

#### **\*\*Cant find the Wednesday Quilters?**

Sometimes the Wednesday afternoon group, Wild Rose Quilters, is displaced when another event receives priority at the Mullis Center. The blood drives are a common example. The Wild Rose group is usually able to relocate to either the Mullis Center Library, or the 'craft room' So, if you arrive to find the Center occupied by others, be sure to go around to the side door and look for your quilting friends.

#### **\*\*Quilts Sizes for charity quilts:**

**-Healing quilts-** should be 'lap size', large enough to cuddle under but not bed size. Healing quilts are given in special circumstances to individuals in our quilting community (friends, spouses, people known to one or more of our guild members) who have suffered a major traumatic life changing event. We need quilts for both genders.

#### ***-Pike Place Day Care Service Quilts:***

These will be given to 4 year olds and a few babies, so should be approximately 42" x 54". Measurements are not absolute but lets be sure they are usable.

#### ***-Resource Center Service Quilts***

Baby quilts approximately 36" square can be turned in and will be donated for distribution to new San

Juan Island infants.

**\*\*Batting Available**

The Guild has batting available for members to use on service quilts. Ask one of the board members if you need help locating this resource

**\*\*Peace Island Hospital Cancer Center Quilts**

These quilts should measure about 48'x60' or smaller. Chemo patients will receive one to use during treatments and will take the quilt home once treatment is finished.

**\*\*Discount** Members of 501c3 groups, (like RQAG) get a 10% discount at Mr Sew Dandy, a machine repair guru for older sewing machines, in Anacortes

**\*\*Help the Guild's Budget**

Connect to Smile.Amazon.com to place a qualifying order and Amazon will donate 0.5% of the sale profits back to the guild.

**\*\*Tell me what you know!** If you wish to place information in the newsletter, please let me know.

Contact Nancy Best [nancyb1133@gmail.com](mailto:nancyb1133@gmail.com) or 378-5929.

I would love to include stories about quilt shows or shops you have visited, or just anything related to quilting. You can write an article or give me the facts and I will put something together. The newsletter is sent out monthly, generally shortly after the board meeting.

***Mission Statement***

*The purpose of the Rainshadow Quilting Arts Guild is to foster an appreciation and understanding of quilts as a traditional needle-craft medium or expressive art form; share talents and knowledge to promote excellence in needlecraft; educate and encourage our members and the public in traditional quilts and quilt art thorough workshops guest teachers and speakers and quilt shows. The Guild shall provide opportunities to exhibit examples of traditional quilts and quilt art; donate to charitable organizations; and provide information to all members with regard to Guild programs, retreats, shows and meetings.*