

THREADS

Rotarian Fellowship of Quilters and Fiber Artists



Days for Girls

January 2014
Issue # 28

In the January 2014 issue of the Rotarian there was an article about menstruation and the taboos that exist today in many places around the globe. There are many opportunities today to help these young girls and women and listed below is one group of women that are taking action.

I first read about Days for Girls in a knitting magazine. The article spoke of the actions of this organization and how one could get the word out that menstruation is normal and does not cause shame or to ostracized. In the January 2014 issue of "O" there is also an article to read "Period Drama".

"Dignity can't wait...What if not having sanitary supplies kept you isolated during menstruation? DAYS without school. DAYS without income. No leaving your room... for DAYS. It happens worldwide to women in struggling communities. Girls miss up to 3 months of school in just one year. Girls use leaves, mattress stuffing, newspaper, corn husks, and rocks, anything they can find...all to try to stay in school..."

I recently spoke to Celeste Mergens (a new Rotarian) who while stationed in Kenya learned of

the plight of these women and girls. After much thought to the problems these girls and women faced she came up with an idea that would benefit them by providing them with clean sanitary products that could be washed and reused for at least three (3) years. After much trial and error a kit was developed that could be given to each girl/woman. Rotary Clubs in different parts of the world learned of this and began to make kits or send donations to Days for Girls.

"DFG was born in 2008, in an orphanage in Dagoretti, Kenya. What made me interested in learning more about DFG was the fact that today most of us living in the US, Canada or Europe can purchase sanitary products at our neighborhood store or pharmacy. We do not find it shameful, miss days at work or school, and know it is a natural part of growing up.

I would like to encourage you to visit their website www.daysforgirls.org and learn what you and your club, book group or social group and do to spread the word: "Every Girl. Everywhere. Period." You can contact Celeste at: celeste@daysforgirls.org and obtain a kit to get you started.



Days for Girls
International



Help bring smiles!



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CHECK IT OUT!

International Quilt Festival/Chicago
June 19-21, 2014

Quilt! Knit! Stitch!™/Portland
August 14-16, 2014

Knitters magazine: www.knitters.com – lists the following dates:
West – Santa Clara, CA – February 20-23, 2014

South – Atlanta, GA – April 10-13, 2014

Knitters Review: www.knittersreview.com lists a wealth of information

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Traveling

Lynn Raymer, editor

Traveling to Palm Springs for a few days of sun, the last thing I thought I would be doing was looking at or for quilting. But when my husband talked me into a trip up the mountain on the tramway that is exactly what I did. The tramway is an ariel gondola that raises from about 2000 feet to over 8000 feet. While the temperatures in the valley are around 80 degrees Fahrenheit, the temperatures on the top of the mountain is near freezing. While we were waiting to the board the tram, I was drawn to the quilted jacket the woman in front of me was wearing. We struck up a conversation and Kris Webber gave me permission to share these photos. She told me that she had been making blocks in a class, and didn't want to use them in a quilt so she got creative. These were pieced onto a sweat shirt jacket. What a beautiful result.



Hardanger Embroidery

Hardanger embroidery is a simple form of whitework named after the area of Norway where it was found. This form of needlework involves counted thread stitches, drawn thread work and some pulled thread embroidery.

It is traditionally used for linens especially aprons. The work was carried out on white fabric as fine as 50 threads to the inch using white thread, but coarser fabrics and colored threads are used today. For more info and designs check out www.hardanger.com. There are books available.



Photo courtesy Lorelei Halley
<http://lynxlace.com>

Avoiding carpel tunnel

Do you spend an hour or so knitting without a break? Recent articles suggest that one of the causes of carpal tunnel in women is spending a long time knitting without a break. So - next time you sit down and pull out those needles make a point of looking at the time. After about 20-30 minutes get up, stretch and flex your fingers, hands and arms. You'll feel much better when you return to your project. Likewise to all crafters who spend time crocheting,

Places to see and things to do

The Vermont Quilt Festival draws many attendees each year. This year's show will be held from June 27 thru the 29th. Having attended this quilt show on numerous occasions I feel comfortable recommending it.

The National Quilt Museum in Paducah, Kentucky is on my list of places to visit. Friends went several years ago and had a great time. .

Another site to visit on the east coast is the Quilt Museum in Lowell, Massachusetts. The town of Lowell was a mill town and many of the mills are now being used for different purposes.

News from Libreville, GABON

We received a copy of the September 2013 "La Gazette" and photos of a group of women from Libreville showing their quilts that were on display at a market in this capital city of Gabon. The "International Association Group of Libreville" is incorporated under the 'law of 10 December 1992', is apolitical and non-denominational.

They are a charitable non-profit open to all women living in Libreville, whatever their origins, who wish to make their own contribution to help other associations dealing with people and children most in need. This group of women meet regularly and work together on various projects including quilting. Each member is asked to contribute their special crafts including but not limited to macramé, pottery, Christmas items and woven baskets.

The newsletter outlines their events and activities along with reminders to the membership of what their obligations are. You can read more about this group of women by going

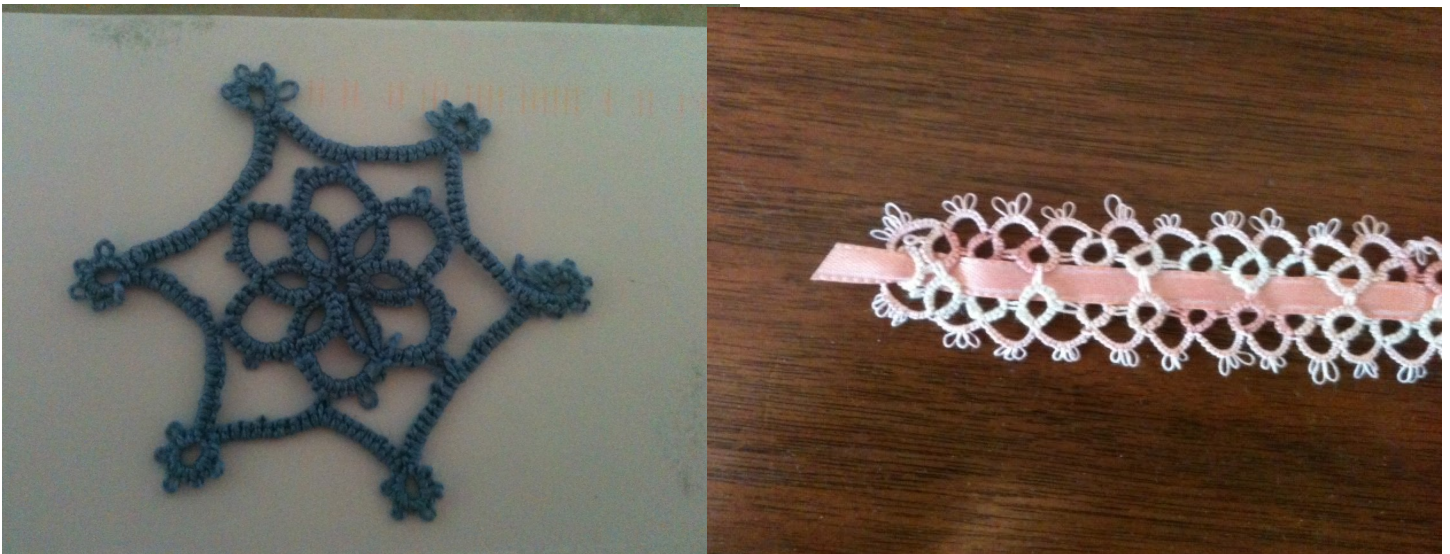
to: www.InternationalAssociationGroupofLibreville.com.

The newsletter is written in French but think you can easily convert it to English using Google.

Tatting or things my Mother taught me.

Tatting seems to be becoming a lost art. I can remember my mother pulling a small bag from her purse and working on a piece of lace that she was making for a collar or a handkerchief whenever she had a few minutes to kill. One of those times was on our first trip to Hawaii, while we waited for our clothes to wash and dry before we moved to the next island. She began to teach me.

I don't have much use for lace these days, but I still use it for costumes or little items like book marks or decoration. Are there any other tatters out there? We would love to hear from you and see what you are working on.



Tips from Esther

Here is something that I use to keep my double-pointed needles of the same size but different lengths together: An oblong tooth brush case (plastic) in different colors. It works like a charm and I can put the size on the outside.

I also made myself a needle case for my straight needles. Used fabric from my stash that had a sewing pattern on it and marked it off in 1 to 1-1/2 inch increments to hold 12 inch straight needles. It was my first attempt at this and much less expensive than the ones you can purchase in shops.

Notes from the Chairman: Syd- ney Convention Offers Fun!



The Rotarian Fellowship of Quilters and Fiber Artists has applied for booth space in the House of Friendship at the RI Convention in Sydney 1-4 June. We should be hearing official confirmation in February. Since we have been privileged to have space at the convention for the last several years, I am confident our popular booth will be open again this year.

Cheryl Minshew, our member from San Diego, California USA, has once again volunteered to chair the booth. I hope that all of you attending the Convention this year will help us out by spending at least a 2 hour shift in the booth. Not only will that allow Cheryl to enjoy other aspects of the convention, you will really enjoy meeting other members and visiting with convention goers and fellow fiber artists from all over the world. I will be sending out the signup sheet as soon as I get the confirmation with our booth number.

The handcrafted items that you donate each year make our booth one of the most colorful there and draw many visitors to our stand. We suggest that you send items that will be easy to pack and transport to and from the convention. Crib quilts/afghans, lap quilts, and wall hangings are great. Table runners were very popular last year. Scarfs, handmade gift cards, and other small items are also good. I will be getting an inventory from everyone who will be donating items this year.

We cannot sell items from our booth. In past years we have had an arrangement to exchange our crafts for equal value donations to the PolioPlus campaign made at The Rotary Foundation booth. Each year your donations have helped raise thousands of dollars for Polio.

I am very proud of our members from Australia, who under the direction of Vere Gray, are making banners representing their country which will be on display in the hall.

Enjoy the charm and natural beauty of Australia! Be sure you take lots of photos and post them on our Facebook page or email to me.

Diana Barden, RFQFA Chairman

Issue 28

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Share ideas on facebook at [Rotarian Fellowship of Quilters and Fiber Artists](#). Or send ideas or articles to:

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DOING A BURN TEST ON FABRIC OR YARN

Do you ever find yarn or fabric that you can't remember what the fiber is? Each item – yarn or fabric burns a specific way. The list that I keep in my library is quite long and I initially got the info off the net.

How to do a “burn test” when you cannot recall what the yarn/fabric is made of.

- 1) Do this in a well-ventilated area – *I only do it outdoors* – on a day with no or very little wind.
- 2) Do not hold flaming things in bare hands
- 3) Have a fire extinguisher nearby
- 4) Not a good idea to use matches. Suggested – a disposable lighter (not Zippo)

When I get started I bring out all the yarn that has lost its labeling and create a separate holder for acrylic, wool, silk, and cotton. I clearly label the containers & attach any special note to the yarn as I go along. Vegetable fibers, animal fibers or synthetic fibers.

If you are interested in more details let me know and I'll send you the details.

Possible source of information: www.fibriclink.com/burntest.com

Fiber Arts Shows

Spring will soon be here and there are many shows that will be posted on the net. If you have a show in your area that might not make the list let us know. Many of us travel and if we know ahead of time we could plan a trip or vacation around the event.

Tillamook County Quilt Trail

On a recent trip along the Oregon Coast in the USA, I began to notice what looked like large quilt blocks on the sides of some of the old barns along the road. When I got home, I checked the net and sure enough there it was.

“Located on the beautiful and scenic North Oregon Coast, the Tillamook County Quilt Trail showcases the great heritage of historic barns and buildings in Tillamook County. This self-guided tour showcases each structure with a large painted wooden quilt block. We strive to share the history of dairy farms and quilts for visitors to celebrate the unique rural heritage that is Tillamook County.”

Check out their website <http://www.tillamookquilttrail.org> to see pictures of the lovely country side along with the quilt blocks.