



THREADS NEWSLETTER

Rotary



Rotarian Fellowship of
Quilter and Fiber Artists

January 2021
Issue # 56

Fellowship Business

Editor

Lynn Raymer

Board of Directors Meeting-January 20, 2021

Present: Cheryl Minshew, Helena Daniels, Diana Barden, Marty Wyatt and Lynn Raymer

Board of Directors Minutes:

The Board voted unanimously to add 4 Directors to the Board.

The four director positions will be:

Communications Director

Regional Director

Service Director

Membership Director

These positions will be for either one-year or two-year terms. Lynn Raymer, Newsletter Editor, was nominated for Director of Communication. She was unanimously approved by the Board. The Director of Communications will oversee the Newsletter, Facebook Page, and the Website. This will be a two-year term

Terms and job descriptions will be sent to the general membership. The next election of officers will be before the Houston Convention in June 2022.

Dues

Annual Members will be emailed an invoice for dues to be paid by July 1 of each year.

Post Office Box

After discussion, it was agreed that the fellowship would rent a Post Office Box for the collection of dues paid by check and for correspondence. The rental of a letter size post office box is \$106.00 annually. Diana rented P.O. Box 712, Madera CA 93639 USA.

Greetings Stitchers: Yesterday a group of your Fellowship of Quilters & Fiber Artists met on ZOOM. We socialized, talked about the current Valentine Squares folks are making and how we are fortunate to have Cheryl (our president) willing to gather the squares and put it all together for a quilt for Houston 2022. If you did not receive the notice about the project feel free to reach out to Lynn Raymer (or me) who can resend it. My square will have knitted hearts attached to fabric.

Houston is special as it is the 20th Anniversary of our Fellowship. Looking ahead, we discussed items to make for our Houston 2022 booth. Listed below are some items for consideration:

Table runners, knitted/crochet placemats, quilted placemats, socks, mittens, scarves, lap robes, throw pillow covers, knitted/ crocheted flags of the world place mats

I am now asking for input from you.

Would you be willing to participate? Even if you might not be going to RI Convention in 2022?

Would you like to contribute an item or two? What would the item(s) be?

Is there a handcraft that you enjoy such as embroidery, needlepoint, needle felting, cross stitch that I did not mention?

I would like to report to the Board and RFQFA members the information I receive from YOU. Please respond to me as soon as possible indicating your interest BUT no later than February 26th, 2021. My e-mail address is: learlan@comcast.net. Please put Q&FA in the subject section.

Esther Arlan 603-417-6967 (USA)

Passport Club

Nashua NH USA

The Next Zoom will be planned for March 20, 2021

Fellowship Board

Cheryl Minshew
Chairman

619) 445-2026
cmminshew43@gmail.com

Helena Daniels
Vice-Chairman

Diana Barden
Secretary

Marty Wyatt
Treasurer

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Chairman

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Stories



Greetings! By now I'm sure you've heard that the Rotary International Convention that was to be held in Taiwan has been cancelled and will be held virtually in June. Many of us attended events during last year's virtual convention and they did have many interesting presentations. As a Fellowship we'll be able to participate in the Friendship Hall giving us the opportunity to show off some of our wonderful projects and accomplishments. Stay tuned for more information as it becomes available.

Heart blocks have been arriving almost daily and some have been included in this newsletter. Blocks included were made by artists Katharine Wall, Kristi Sutton, Nann Hilyard (she sent 6!), and Kathy Flamson. I failed to remind everyone to sign their blocks so if you haven't already sent your block/s, please sign your name on each so we'll know who made them.

Our next meeting has been scheduled for Saturday, March 26th. We'll have a lot to talk about regarding by-laws, etc. Information will be sent out a couple of weeks before the meeting. If you have questions, concerns, or topics you'd like included in the agenda, please contact me.

Stay healthy, stay safe, and be happy

Cheryl Minshew

Alpine CA USA

Fellowship Chairman



Your Stories

I have been craft-mad this year as probably everyone that likes any kind of craft.

I have two pet-projects, making drainbags and heart pillows for women undergoing breast surgery and making welcome bags for women in shelters due to violence at home. Included are two samples of the welcome bags and two batches of drain bags. Apart from that I knit and crochet. I belong to a large charity group, the Circle (the oldest womens club in Iceland, and the largest, giving lots of money ea year to the childrens hospital who is called after the club as it was is the largest supporter of the hospital) and we meet weekly to do crafts for the annual market.



Will try to remember to write something for the newsletter:)

Best wishes

Vigdís Stefánsdóttir genetic counsellor PhD

**Reykjavik Grafarvogur Rotary
Reykjavik Iceland**



Life goes on as usual being in 'lockdown' again in the UK with the numbers still rising unfortunately, we are eagerly waiting our turn for the vaccine.

Our little quilting group(6 of us) -who make quilts mainly for the Linus Project were asked by our local Special Care Baby Unit to make 25 baby quilts and 25 incubator liners ASAP as the babies are kept in a bit longer as they have to have three negative Covid tests before they are allowed home. We set too and managed to get the task finished in record time. They now want more for Easter! It is lovely doing the 'diddy' ones for a change as they only measure 24 x 24. And the incubator liners are 18 x 11 ! We are lucky enough to to have some wonderful fabric stores who have been great with their on line services so we have managed to keep our 'stashes' up! Roll on the time when we can actually get to the shops and choose the fabrics .

Helena Daniels

Cheam Rotary

Carshalton Beeches Surrey UK



I took some time to go thru my yarn stash and find some patterns to make for members of my family. Several baby afghans went out the door in a timely fashion. That in itself was something I had not accomplished in the past. I even spent time putting all the skeins of wool yarn in one place! Likewise for acrylics, cottons and a mixed bag of odd balls of yarn. In doing that I found several projects started but have no idea where I was heading with them. I think I will weave them together into a lap afghan adding along the way to get it to the "right size". Many of the panels are different stitches so it will truly be a sampler when completed.

I met on a weekly basis with 7 women over zoom – knitting, crocheting, talking about the books we were reading and the recipes we had tried that week. In the beginning we were going to meet for one hour. Well it slowly grew in time and it is now as long as two and half hours. Our adventures in the kitchen were almost as interesting as the stitches we were working on. Several of the women in our group had not been able to be part of the group when we started – before COVID – but because of zoom were now able to join us. A total of eight of us have formed a fellowship that would probably never have happened prior to COVID because of outside commitments. What has been most interesting is how much alike we are – the places we enjoy going to; the books we read and the holiday recipes we used forever. We range in age from 42 to 85. We have a woman who left her job and went to work for a company that dyes and designs wool yarn; we have a physics prof and a social worker that teaches at the graduate level at several universities in the greater Boston area. Some of us have travelled extensively. Some are homebodies who retired and are enjoying the freedom of doing what they want to do when they want to. Mostly we have bonded and share our ups and downs, our creative side and our not so creative side. We've learned new stitches and experimented with colors. Most of all we have become "Fabr Sistahs". We have laughed and cried and supported each other in a time when friendships were badly needed. We are all transplants with children and grandchildren scattered around the country and we have learned Zooming and Face Time.

As a group we regret that we cannot visit any of the local museums where in the past we came home with new ideas and experimented with different approaches to knitting or crocheting or even quilting. One woman who is "hooked" on crocheting has turned one of her projects into a business over the net. But we all long to get out doors and explore the works of others. On the horizon is a trip to a nearby garden where crafters have knitted animals on trees. Oh spring hurry up and come so we can go play.

I have also been busy working on a Rotary project for the International in Houston, Texas, USA in 2022. I have been in touch with manufacturers, experimented with different yarns for potential projects and met a member of our group who lives in New Jersey – Bonnie S is a PDG and crochets – you have seen her Rotary afghans at our booth over the years. Bonnie has encouraged me to join a website she enjoys and I have her pattern for crocheting the Rotary wheel but first I have to learn to read the instructions and stitches. Together we shared what Rotary is all about. We met briefly years ago at an International but once it is safe to travel I look forward to meeting Bonnie when I travel to Pennsylvania for family visit.

As January 2021 draws to a close my wish to each of you is – a shot in the arm of a COVID vaccine; the enjoyment of being able to visit family and friends without a mask and most important – stay safe.

***Esther Arlan
Passport Club
Nashua NH USA***

Attached are photos of my 2020 "souvenir" quilt, front and back. I began in March when Illinois issued a mandatory stay-at-home order. I used scraps from mask-making but added a lot more. The 90 blocks represent each day of the shutdown and the windows in the houses are fussy-cut with things that inspire and are meaningful to me. It named itself!

In December PBS Newshour anchor Judy Woodruff invited viewers to submit photos and stories of significant mementoes of 2020. I sent the quilt pictures. They received more than 200 entries and mine was one of 20 chosen to highlight on the PBS Newshour website.

**Nann Blaine Hilyard
Illinois Beach Sunrise Rotary
Winthrop Harbor IL USA**



Life for us on the Canadian west coast has not changed much since our last newsletter. My husband Michael and I continue to follow the provincial health Covid guidelines: staying at home except for exercise, minimal shopping (groceries once a week), no social contact inside the house, etc etc. With Covid numbers and related deaths continuing to rise in British Columbia over the autumn and winter months, non-essential travel has been restricted for some time now. Christmas for us was therefore extremely quiet, staying in our bubble of 2! We miss social contact very much but have enjoyed telephone calls, FaceTime and zoom meetings with friends and family especially over the holiday period. And we have stayed well!

One of the activities that has kept me sane during this time - besides reading, puzzles and 'being mindful', especially out of doors - is my sewing and knitting! I am just finishing a baby quilt for my nephew and his wife in England. They are expecting their first child in April and chose a crib quilt called 'Bear Hug'

**Jane Woolnoughs
Rotary Club of
Vancouver,
Vancouver
BC Canada**



I have three videos about mask making at <http://bit.ly/bsc93-quilting>. Tomorrow's session is about fidget quilts, where we are making modules 6 1/2 inches square which will be assembled into mats 24 x 18. I am attaching the directions.

TO MAKE A FIDGET QUILT MLK Day Service Project - Fidget quilts are activity mats for people with sensory or memory issues. These will be given to nursing homes and families. The people using them are generally older, male or female, but they might be any age. The quilts need to be

- Washable in a washing machine
- Safe (no parts that might fall off or become detached and dangerous if swallowed)
- Comfortable to use seated in a chair or at a table or even lying in bed
- Stimulating to the senses and the mind – a variety of textures and fidget activities

There are many videos and discussions on YouTube. We have gathered a few recommended ones at <http://bsc93-quilting>. For our project, these are the recommended directions for assembly

1. Cut 9 squares 6.5 inches by 6.5 inches. Fabrics may be any color, print, or texture. A variety of textures adds to the effectiveness of the mat.
2. Design each square individually to be one activity.
 - a. Fleece, corduroy, terrycloth, minky, or other textures can be a sensory activity in itself
 - b. Adding one or more items to fidget with
 - i. Button
 - ii. loop of ribbon
 - iii. loop of elastic
 - iv. rick rack to feel
 - v. zipper to slide
 - vi. Velcro to play with
 - vii. Make sure all additions are firmly secured for safety and for washing
 - c. Decorating for visual and touch sensations
 - i. Lace
 - ii. Ribbon or seam binding to fidget with
 - iii. Applique shapes cut from fleece
 - iv. Prairie points to play with (fold a square diagonally twice, stitch the raw edge)
 - d. Hide and seek activities
 - i. Unbutton a pocket to find a surprise
 - ii. Unzip a zipper to find a surprise
 - iii. Un-velcro a pocket to find a surprise
 - iv. Surprise objects need to be tethered or secured for safety and washing
3. Assemble* the nine squares into one large 9-patch 18.5 by 18.5 inches
4. Along each side add a strip 3.5 by 18.5 inches
5. Add a backing piece 18.5 by 24.5 inches, right sides together. Stitch all the way around leaving an opening of 3-4 inches for turning. Flannel makes a good backing as it won't slip off the lap.
6. Turn right side out and press flat
7. Close the opening; Top-stitch around

*Alternatively, turn in your fidget squares for another volunteer to do the final assembly.



Joyce Graff Brookline Rotary
Brookline ME USA



Here is a good resource for Heart Blocks in different sizes

Making Heart Blocks in Multiple Sizes | Cluck Cluck Sew

I made a couple blocks. I think I would make them smaller and add the sashing on the side to get to the right size.



Barbara Bitetto

Sumner Rotary

Washington State USA

You wrote different participation – techniques—— my participation would be a square in Graffiti-, only a little bit quilted. I can't see a harmonic quilt with such a strange piece in it!!!!

Greeting to everyone!

Hiltburg Wussow

Hanau Inner Wheel

Hanau Germany

**I composed this Graffiti
Piece for my Grandchild Ben.**



I'm going well here in Kyoto. My first year of Doctorate course is finishing and I'm still writing the first part of my thesis. Actually, so immersed into my research that I do not have time to design and dye any artwork. Still my 2020 Kimo-no project is still pending but I could for my birthday make a first sample , so the second one is on the way.

It was released as part of Core Kyoto NHK Program : VOGUE KIMONO

<https://www3.nhk.or.jp/nhkworld/en/ondemand/video/2029140/>

Moreover, as my research is based of DR Congo Textile Identity, I am learning from the ancient time what was the textile expression forms and materials employed by several tribes who constituted later the Congo. So, that journey back to the Time of the great kingdoms history: exploration, slave trade, colonization, etc brings me a lot of insights about the heritage of Congolese textile.

I discovered the raffia and started dyeing some with several natural dyes just to get used to the hues and the material itself.

I'm very grateful that despite of this challenging time, I could continue my research and learn so interesting notion about the Congolese past which I did not know before.

I really hope that 2021 will give us all relief from the past year , Hope and Strength to stay all together to spread Love.

宜しくお願い致します

Mbugha Meni (*MFA*)

Designer(Fashion&Textile)

Graduate School of Art

Doctoral Course

Craft —Dyeing and Weaving Dpt.

Kyoto City University of Arts

Japan



How has the pandemic affected us in Australia? I live in Sydney, and at the end of March the whole country went into lockdown for about 8 weeks. International travellers were not welcome. After that first lockdown, each state opened up again according to their infection rates. Hospitals pivoted their staff to an expected no. of cases which didn't happen. Since then, each state has had their own rules regarding managing the virus, with borders being closed between states as soon as there is an outbreak. This year I have not visited with family interstate, and so the telephone has had a major workout!

In NSW, we started having 'doughnut days' (where there are 0(zero) cases) in early November. Rules were relaxed to the extent that I was able to go to several Christmas lunches. Since mid-December, we have had up to 10 cases per day (with a couple of doughnut days), and tighter restrictions are back in place. I anticipate that this will continue for most of 2021 - with partial easing of restrictions depending on the no. of cases. All the most recent cases can be traced back to overseas travellers, despite the quarantine requirements.



How has this affected my art?

As I have spent much more time at home than previously, I have spent more time with both quilting and embroidery. I have challenged myself to try new techniques, and was very pleased with my first bargello quilt, made from fabric scraps. I have since made another bargello quilt, but with all my socialising in the last couple of months, it is not yet finished.



My embroidery has been largely simple tasks that can be completed in the evenings. I have made bookmark gifts for friend's and family birthdays, when I am able to get the fabric.

Finally, my sanity in this time of isolation has been my family and my garden. This picture is a Christmas bush, native to the east coast of Australia, and notoriously hard to grow in a suburban garden. The flowers start as white, and as we get closer to Christmas, they turn this beautiful red, with the display lasting about a month. There have been many highlights in my garden, but this has been my absolute joy.



Fay Kitto

North Rocks Rotary




Kingsdene NSW Australia

Rotary logo

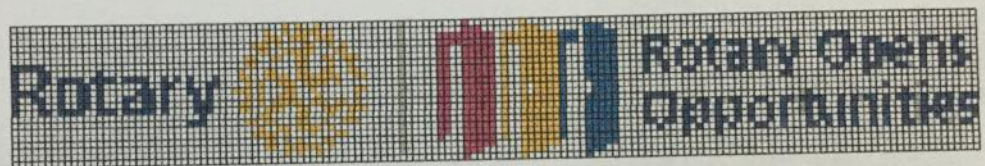
Stitch Counts: 80 wide x 31 high
Colors Used: 3
Size(s): 14 Count, 5 3/4 inches wide x 2 1/4 inches high
 16 Count, 5 inches wide x 2 inches high
 18 Count, 4 1/2 inches wide x 1 3/4 inches high
 The center marks appear on the applicable center page only.










Palette Used: DMC

Symbol	Color	Count	Color Description
	△	741	377 MD Tangerine
	*	797	238 Royal Blue
	.	White	1,865 White

Stitch Counts: 150 wide x 22 high
Colors Used: 7
Size(s): 14 Count, 10 3/4 inches wide x 1 5/8 inches high
 16 Count, 9 1/2 inches wide x 1 1/2 inches high
 18 Count, 8 3/8 inches wide x 1 1/4 inches high
 The center marks appear on the applicable center page only.



Palette Used: DMC

Symbol	Color	Count	Color Description
	✕	600	135 V DK Cranberry
	♥	647	22 MD Beaver Gray
	*	741	315 MD Tangerine
	△	797	358 Royal Blue
	◆	926	21 MD Gray Green
	∪	995	124 DK Electric Blue
	.	White	2,325 White

Cross Stitch Pattern for Rotary Logo and 2020-21 Theme.

This is for DMC but could be done for others as well if needed

Heather Chong

District Governor Elect, 2020-21, District 9830

Hobart Rotary

Richmond, Tasmania, Australia

The complete PDFs of these patterns are attached separately if you need them.

Too many Zoom meetings!

That's the cry of so many Rotarians during this time of social distancing. Me, I've solved the problem: I keep my current handwork at my desk, and when the Zoom meeting starts, so does work on my the square. I haven't been at my sewing machine for weeks, but I've really been able to make a dent in my applique projects.

Marty Helman

Booth Bay Harbor Rotary

Booth Bay ME USA

Issue 53

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Helena Daniels
Vice-Chairman

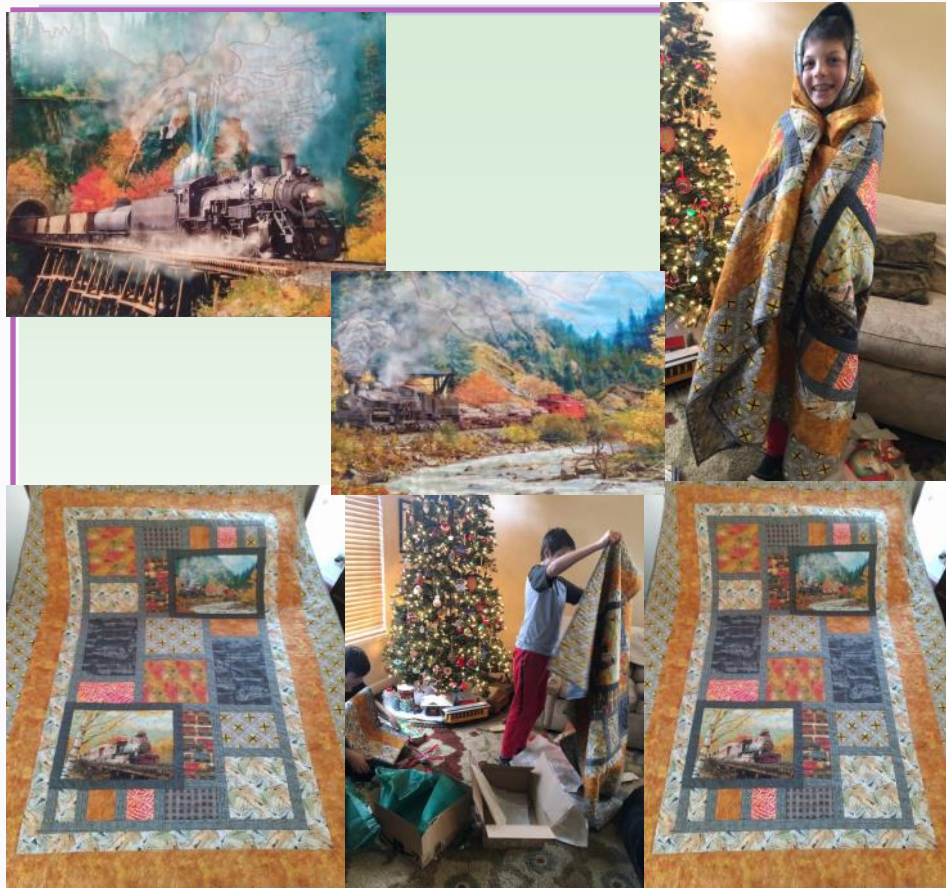
Diana Barden
Secretary

www.rotariansquilt.org



Share ideas on facebook at Rotarian Fellowship of Quilters and Fiber Artists. Or send ideas for articles to:

liraymer@hotmail.com



With Lewie and I both being active in Rotary, Inner Wheel, Rotary RV Fellowship (RVF) - all on multiple levels and then fun with family and friends throughout the holidays, everything got cancelled. Everything! We did not one bit of entertaining which is the worst thing ever, since entertaining is one of our hobbies. It was just the two of us and our cat. Felt very empty. ZOOMing wasn't the answer even though we went to Italy for wine, Jamaica for chocolate, and here in Sacramento for virtual parties - just not the same.

A quilting friend sent me a link for some train fabric (Autumn Steam by Michael Shelton) knowing that my son and his 12-year old twin boys are very into the train hobby. I ordered the fabric to make quilts for the boys for Christmas gifts. The fabric came just before Thanksgiving and the day after, I started the quilts. I was on a quest to fill the gaps in my world. Almost every day - cut, sew, fit, rip, sew, and repeat. All the while, thinking, dreaming that this will get me through and the boys will feel the love of their Grandma.

With just a few days off, the quilts got done. Both measured 60" x 90". I am not real professional with free motion quilting, but got that done too - with 2 days to spare! And my husband was so understanding as I let the house work go. The dust bunnies were creating more dust bunnies!

Had we been doing the usual with entertaining, house guests, etc. - I would not have had the undivided time to get these quilts done. I call it fiber therapy and it really helped me get through the season. I couldn't help but have happy tears when the boys opened their gifts. I hope you can use my message.

**Becky Donhost
Inner Wheel Club of East Sacramento
Carmichael CA USA**