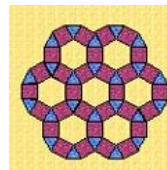


Pieceful Times



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April 2005

EFFICIENT METABOLIC RATES

I must confess a preoccupation with food lately. My preoccupation stems largely from the fact that I've been on a pretty strict diet for the last month, and this diet is going to last for at least six more months; so at the moment, there is very little that goes through my mind except food.

I'd like to be able to say that the need for this diet stems from a tendency on my part to overindulge at the dinner table. Now don't get me wrong – I like my groceries well enough. (At least, when I'm filling out those annoying questionnaires, I don't have to respond in the affirmative that I eat when I'm sad, mad, glad, bad, or bored....). I have never had one of those eating disorders that have become the subject of a made-for-television movie (I mean, really!! As a child I got car sick driving two blocks down the street. It got so bad, my parents wouldn't leave home without an empty coffee can if I was going to be in the car with them. I still get queasy when I spy the sick sac in the pocket on an airplane flight! Why would I go out of my way to relive THOSE experiences????)

And I have never been a monumental eater. (I had a dear friend who would come over for dinner, tuck away two platefuls of food, and then polish off a box or two of

Triscuits, and a bag of chips. Now there was a portly lady! She died two years ago snorkeling in Cancun, and her body was cremated there. My thought is that having your mortal remains disposed of in a crematorium in the Quintanaroo Peninsula in Mexico is a pretty dicey proposition – and she would have too – but that's a story for another day....).

Even if I wanted to eat that much food all the time, God has made sure it could never happen! I have two teenage boys and a husband who eats anything he wants to all the time! I haven't been able to keep a snack item in my house that I could call my own since my sons were old enough to recognize food items from television ads! If plutonium ever goes missing, all the U.S. government has to do to get it found within 24 hours is tell the Ahrens' boys that it is hiding with the last piece of cake, a candy bar, a bag of chips, or an ice cream bar. If they want it found in twelve, tell one of my children that the other one is looking for it and is likely to get to it first!

The sad fact is, I have a sluggish metabolism. I've never been a big eater, but I mean really! I'd been reading that when a woman reached a certain age, her metabolic rate would slow down, and this would result

in some weight gain. Why did they sugar-coat it? Why didn't they just tell the truth! When you hit that "certain age" you could send a woman out to the desert with a pack of saltines, and a quart of water, and she would come back a week later weighing ten pounds more! ARGH!!!!

I have been comforting myself with some more of that "Quilta, Clan of the Cave Bear" logic. My theory is that those of us who develop those "efficient" metabolisms when we reach that certain age is another example of a throw-back to prehistoric times. Those of us who hang on to every calorie we ingest are really the wise women of our clans, and this was a protective device to ensure that we would survive and keep the wisdom of the clan intact in times of famine. I think this theory has some merit – after all, if there is famine, who will show the young whippersnappers how to cook, clean, and quilt? And in the case of the young males of the species, nag them to pick up their rooms and do their homework? It works for me. I have ceased sharing my wise theories with my husband (a/k/a Old Squint-eye, Clan of the Cave Bear) – pearls before swine.....

I have chosen to go on one of those pre-packaged meal diets. I figured it was the ONLY way I was going to lose weight – if I had to keep touching real food, weight loss was never going to happen for me! And I am losing weight, although my youngest assures me that I am getting mean in the process! Frankly, I thought I was doing quite well. I find that I am being quite an object lesson to my children. For instance, the other day, my youngest sat next to me and started to eat a bag of barbecue chips. I handled it quite well, until he said "Look, Mommy!" and then took one out of the bag, licked it, and said "Mmmmmmm!!!" When his father arrived home a short while

later, Sammy informed him that I had taken his bag of chips and pounded it into crumbs. I advised my husband and son that there was a lesson to be learned from all of this. When my husband asked what it possibly could be, I told him – DON'T POKE THE BEAR!!!!

Last week I celebrated my birthday. A dear friend took me to a lovely restaurant for lunch. The restaurant is one of our favorites and has outstanding cuisine. The wait staff is well trained and uses GREAT adjectives to describe the food – i.e., instead of taking a lobster out of its shell, the lobster is "manicured" – which makes me think of little painted toenails and massages... We normally have a lovely seafood selection for our meal and then a pretty dessert. (The pastry chef really makes the desserts beautiful with clouds of spun sugar, squiggly cookies, sprays of chocolates, and fruits sauces to accent every selection). Because of my diet, I picked a really plain fish dish and had a spoonful of sorbet for dessert. But I couldn't help myself. I made the server recite and describe all the dessert selections to me. Twice. It was hypnotic. Now I guess I know what the big attraction is for phone sex! I was going for the third time, when my girlfriend kicked me under the table and brought me back to my senses.

As long as people don't actually show me food, talk about food, or look at me while thinking about food, I expect my progress to continue. Keep your fingers crossed for me!!!!

*Andrea Gribble
President*

BOARD MEETING – MARCH 28TH

Members Present:

Andrea Gribble
Kathy MacNabb
Dottie Reed
Bill Rice
Trudi Sommerfield
Karla Vernon

The meeting began at 7:15 p.m. at the Calvary Hill Baptist Church.

President's Report:

Quilt Show –

We took a half page ad for this year's program. We need 16-20 fourteen inch "Strawberries and Cream" blocks for the quilt we are making for the Silent Auction. The finished blocks are needed by the April VQU meeting. Volunteers are needed for all Quilt Show activities. There will be a raffle for the Big Quilt at the show. Flyers will be available at the next meeting, and there is a flyer available on the QU website.

June Dinner –

Will be held on June 21st in the Cafeteria of Kilmer Middle School, beginning at 6:00 p.m. We will be divided into three groups alphabetically with each group assigned a different portion of the dinner.

May Meeting of Big QU –

Will be May 5th at 7:00 p.m. at Goodwin House West in Falls Church/Bailey's Crossroads. The speaker is Charlotte Warr Anderson. In addition, she will give two workshops at The Artful Quilter in Centreville. The workshop on Friday, May 6th at 9:30 is a Pieced Picture Workshop. The workshop on Saturday, May 7th at 9:30 is Appliqué for Realism in Brief.

Retreat:

Retreat will be April 1st-4th. Everything is in place for the retreat. A financial report needs to be submitted.

Programs:

We need to remind members how important it is to sign up for the speakers' workshops.

Treasurer's Report:

The leftover fat quarters from the VQU February meeting were sent to big QU as our contribution for the Winter Quilt-In. There were five packages of six fat quarters each.

The Board will vote in April on charitable donations for this year. \$500 was given to the Haymarket Chapter as a one-time contribution. We have approximately \$1500 that we can use for additional contributions.

Nominating Committee Report:

[The report of the Nominating Committee appears elsewhere in this newsletter.]

The meeting adjourned at 8:15 p.m. The next meeting is at the Patrick Henry Library on April 28th at 7:00 p.m.

Kathy MacNabb

SLATE OF OFFICERS FOR 2005-2006

The nominating Committee is pleased to announce the following slate of officers for next year's Vienna QU Board:

President: Theresa Nichols
Vice President: Carole Marti
Recording Secretary: Barbara Cannon
Corresponding Secretary: Kathleen Kurke
Treasurer: Bill Rice
Newsletter: Trudi Sommerfield
Nominating Committee: Dottie Reed

Elections will be held at the Vienna Annual Meeting in May. At that time, nominations from the floor may be made for any of these offices provided that the prior

consent of the nominee has been obtained. The installation will be at the June Dinner.

Thank you to incumbents Bill Rice and Trudi Sommerfield and to all the rest who have graciously agreed to serve. Sincere appreciation is extended to Janice Feather, Janet Marney and Barbara Demon who assisted me in the nomination process.

Respectfully submitted.

Karla Vernon

REMINDERS

Please remember to bring your strawberry blocks and half-square triangle strips to the April 19th meeting. The blocks and strips will be assembled into a quilt top, and the top will be sent off to Arkansas for quilting so that our chapter has a whole quilt for an auction entry donation for the show.

Please bring your quilted postcards to the upcoming meeting:
April: Black and White and "Red" or "Read" All Over
May: How Does Your Garden Grow?
June: Anything and Everything Goes.

COMMUNITY SERVICE

Bill Rice contributed two large bags of teddy bears for the emergency room at Fairfax Hospital. Karla Vernon delivered them.

NOT YET TIME TO TURN IN YOUR DUES

The Big QU treasurer doesn't want any dues turned in during April but will in May and June. There's a new membership form which we hope to run in the May newsletter.

QUILT SHOW NEWS

Plans for another good quilt show continue smoothly. The show will be June 3, 4 and 5 at the Dulles Expo Center. Five hundred thirty-eight quilts (including miniatures) plus 19 wearables, all made by our members, will be on display. Quilts also made by our members and connected to breast cancer will be in a theme area. The Artful Deck will be displayed as a special exhibit. These are a special group of playing card quilts which have been shown nationwide, and some of them were made by QU members.

One new part of this year's show will be Event Rooms. One room will be for the construction of quilts to be sold or auctioned to raise money for breast cancer research. The blocks contributed by the chapters throughout the year will be assembled and quilted. A second room will be used to make Quilts of Valor to be donated to wounded service members coming through Walter Reed and Bethesda Naval Hospitals. The third room will be for Project Linus quilts. Multiple quilt kits will be provided, but members are encouraged to bring thread, batting, and backing fabrics.

Two of our corporate vendors are putting three sewing machines in each of the 3 event rooms to use for these quilts. One room will have Pfaff machines, one Viking, and one Baby Lock. These machines will be sold as used at a special show discount at the end of the show. We hope all members will take an hour or two to work on these excellent projects and try a new machine when they come to visit the show.

A new Quilters Unlimited pin will be sold this year, along with the QU aprons, totes, tool bags, disposable cameras, AA batteries, and quilt CDs. The pin has the words *Quilters Unlimited 2005* on it with a pink ribbon in the center. The ribbon chairman sent a sample of this year's pink participation ribbon to the pin manufacturer;

so the colors would match. There will be only 350 pins available; so the best way to assure yourself of one is to sign up to work on set-up of the show so you can come on Thursday, June 2, buy your 3-day admission before the show opens, and also buy a pin that day.

We especially need help from you and your husband with take down on Sunday evening after the quilt show (you must arrive at 4:45 p.m. at the latest and plan to work about 3 hours) as well as Wednesday evening and Thursday during the day. Call Connie Gallant at 703/754-4314 or email her at mcgallant@msn.com to volunteer. Connie is also the person to talk to if you have a child age 18-28 who would like to make some money helping with set-up or take down and portering the vendors.

The reason we can enter quilts in a show without a fee, the only reason we can afford a venue big enough to display all of our quilts, is because of your volunteer efforts. So far, there are several shifts without hostesses signed up to help display quilts or to help vendors here by themselves, especially on Saturday and late Sunday. Please call Carolyn O'Flaherty at 703/941-5890 or email her at carolyn_oflaherty@yahoo.com to volunteer. Team up to volunteer so you can work with a friend.

Opening the show will be a ribbon cutting ceremony of the pink blocks contributed by the chapters. All QU breast cancer survivors are invited to be present at 9:45 a.m. on Friday, June 3 for this ceremony.

Debbie Angerman is hoping all final Silent Auction contributions will be brought to the QU Annual Meeting at Goodwin House on May 5, 2005. If you cannot be at the meeting but have a contribution, call Debbie as soon as possible at 703/753-1394 or email her at wdangerman@aol.com to make

arrangements to deliver it to one of her committee members. There is a great deal of preparation work to be done before your item can be auctioned and her group appreciates

your help and consideration. Let's all work together for another great show!

Bonnie Wilbur & Linda Roberts

WANT TO HAVE SOME FUN AND GET TWO DAYS ADMISSION TO THE QUILT SHOW FOR FREE?

Volunteers are needed for white glove, supervision of the event rooms, vendor relief and entry tables for ticket sales and other sales (raffle quilt, cameras, etc.). Volunteers are allowed to purchase a three day admission for the cost of one day. Joan Gifford and Linda Makranczy will be working on June 2 and could use another person from 8:00 a.m. – 4:00 p.m. Can you help? Call Joan Gifford 703-255-9366.

SAVE THE DATE FOR THE JUNE DINNER

It's almost time for our annual June Dinner! Save the date...June 21 at Kilmer Middle School Cafeteria...6:00 p.m..... for an evening of Quilters' Favorite Foods, Fun, and Fabrics! Want to help? Contact Linda Montross at 703/281-0764 or amovos@aol.com

Linda Montross



APRIL/MAY BIRTHDAYS

4/2	Margaret Sheridan	4/24	Margaret Sos
4/5	Linda Macranczy	4/30	Prudence Traut
	Ann Myers	5/2	Emily Gross
	Alice Oliphant	5/6	Geri Daines
4/6	Terri Jones		Marie Heaney
4/8	Barb Celio	5/13	Robin Speck
4/15	Oneida Stephens	5/25	Vicky McMichael
4/17	Janet Marney	5/26	Helen Hollingsworth
4/21	Martha Blevins	5/31	Ann Hall
	Barbara Tricarico		Jane Leppin
4/22	Beryl O'Connor		

BOOK BEAT
by Diane Dresdner

New Purchases:

Simple Fabric Folding For Halloween by Liz Aneloski. Fabric folding techniques for silly spiders, haunted houses, jack-o-lanterns and more. Twelve imaginative projects. Liz demonstrated her dimensional spiders on *Simply Quilts*.

Quiltscapes II by Rebecca Barker. Colorful paintings are visual delights. Quilt blocks fade into related-theme sceneries offering an enchanting view into the block's namesake. 24 block patterns correspond with the featured pattern in the painted quilt. Full-sized pieced and appliquéd blocks include Vermont Maple Leaf, Poppy, Wind Blown Star, and Waves of the Sea.

Quilt Africa by Jenny Williamson and Pat Parker. Over a dozen beautiful and colorful quilt projects, both traditional and contemporary, with a mix of pieced and appliquéd designs. Safari animals and their footprints, flora and fauna, native figures and geometric shapes.

Donations to Haymarket QU:

Many thanks to Bonnie Wilbur, Karen Guerra, and Janet Marney for their help in deciding which books to donate to our new sister chapter, Haymarket QU. We will be donating thirty-nine former VQU Library books as well as individual 'stash' donations of an additional thirteen books for a current total of *fifty-three books!* What a great start for their library! ***If you would like to donate any books from your stash, please bring the books to our April meeting.***

Recycling:

Please bring and help yourself to quilting-related magazines and patterns with our recycle box located at the library table.

Reservations:

To reserve a book or video please contact Diane Dresdner at 703.378.0994 or ddresdner@cox.net. For a listing of our library, go to the Quilters Unlimited website, click on the Vienna link and follow the instructions for the library listing.

VIENNA QUILTERS UNLIMITED BOARD 2004-2005

Executive Board:

President	Andrea Gribble andreagribble@hotmail.com 703/764-9331 (H) 202/736-0291 (W)	Recording Secretary	Kathy MacNabb kmmacnabb@aol.com 703/938-4355
Vice President	Theresa Nichols nicholsfamily1@earthlink.net 703/938-3553	Corresponding Secretary	Janice Feather featherjl@cox.net 703/425-0381
Treasurer	Bill Rice 703/503-7378	Newsletter	Trudi Sommerfield tsommerfield@pwcgov.org 703/921-9135
		Nominating Committee	Karla Vernon kvernon@cox.net 703/281-0738

QUILTING DATES TO REMEMBER

- April 16-17 “Our Garden of Quilts” – County Line Quilters show – Warminster, PA (see www.countylinequilters.org/quiltshow.htm)
- April 19 VQU Meeting at Kilmer Middle School (7:00 p.m.) – Linda Pool on 3D Appliqué
- April 20-23 AQS Quilt Show – Paducah, KY (see www.americanquilter.com)
- April 22-24 “It’s a Small World: The Tradition of Quilting” – Friendship Star Quilters Quilt Show – Montgomery County Fairgrounds
- May 5 QU Annual Meeting - Guest Lecturer - Charlotte Warr Andersen – 7:00 p.m. – Goodwin House West in Bailey’s Crossroads
- May 6 Workshop - Pieced Pictures - Charlotte Warr Andersen – 9:30 a.m. to 4:00 p.m. Pieced Pictures Workshop – The Artful Quilter
- May 7 Workshop - Appliqué for Realism in Brief - Charlotte Warr Andersen – 9:30 a.m. to 4:00 p.m. – The Artful Quilter
- May 17 VQU Meeting at Kilmer Middle School (7:00 p.m.) – Kit Robinson Trunk Show
- June 3-5 QU Quilt Show
- June 17-19 “Blue Ridge Quilt Festival – Images in Fabric) – Blacksburg, VA (see www.brqfestival.com)
- June 21 VQU June Dinner at Kilmer Middle School **Cafeteria** (6:00 p.m.)

Quilt clipart courtesy of Dawn Stewart at <http://dlstewart.com/clipart.htm>

Trudi Sommerfield
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