The Pieceful Times

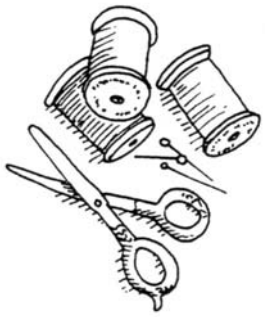
Celebrating 35 Years of Quilting!

The Vienna QU Newsletter
January 2008

KALEIDOSCOPE

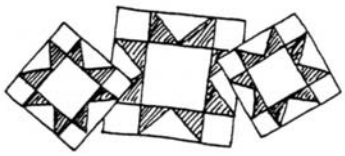
Janet Marney, Vienna QU President

Happy New Year! I offer you my heartfelt wishes for a wonderful, colorful new year of quilting! After the holiday things are put away, there is no better time than now to *quilt by hand*. Although machines offer wonderful possibilities for beautiful quilts, fine handwork will never be obsolete. Besides the satisfying precision of exquisite craftsmanship, hand quilt making encourages us to slow down from the hectic pace of modern life as we make an object of beauty. When we take time for ourselves to *enjoy the process,* not just the *product*, quilting provides physical and spiritual refreshment. Studies show that happy hormones are released during hand sewing—so it's good for you (and the good feelings last longer than a chocolate high)!



Hand projects can be carried just about anywhere, which means you can piece or appliqué while you supervise children or visit with family and friends, or on your lunch break at work. You can join a Bee, where good conversations nurture friendships. Everything you need for one block can be packed in a small baggie and taken to sports events, doctors' offices, or boring meetings. For a solitary retreat, I have sat and quilted on the beach, hearing the waves and pondering life. You can quilt while listening to music, movies, or books on tape. Quilting by hand promotes quiet, quality, and comfort.

Cold winter brings two opportunities to enjoy warm hand quilting this month. January 15 is Make-a-Quilt Night at Vienna QU. Shelia Teague and her committee are preparing pieces for our relaxing evening of hand sewing and conversation around the tables. When you arrive at our January meeting, you will select one of four blocks to make, then enter for a chance to win all the blocks of that pattern, enough for a lap-sized quilt! Bring a needle, neutral thread, a few straight pins, and small scissors or snips to cut thread as you go along. If you need a review of hand piecing, I will be hosting the Beginners Table near the podium. If you've never tried it, this is your chance to learn why Peggy Sympson, past VQU President (and Physical Therapist), said, "Quilting is my therapy." This is my favorite part of the quilt making process (can you tell?), and I would be thrilled to pass on my knowledge to you.



Another opportunity for handwork and fellowship with people from all the chapters is the Big QU Winter Quilt-In on January 13, 1-4 PM, at Falls Church High School, on Jaguar Trail in Falls Church. The theme is "Quilters Go Green." More details are available in the QU newsletter and on our web site: www.quiltersunlimited.org.

Wasn't the December meeting fun? I really enjoyed seeing the colorful clothing created by Carole Nicholas and Sandy Goldman. A big thank you to our own chic models, who showed each garment at its best: Carole Marti, Willa Untiedt, Karla Vernon, and Gayle Ropp.

I encourage every member to finish at least one UFO (unfinished object) in time to enter it in our Annual Quilt Show. Remember, the quilts must be measured and photographed before the end of February, so plan to bring yours to the January or February chapter meeting, where Joan Gifford will be ready with a digital camera. Speaking of bringing things, if you have any special blue quilts, old or new, please bring them for Show 'n Tell this month, along with any other quilts to show! January's theme is Blue. 2008: Make it great!

Keep Cuttin' Up!
janet

January VQU Meeting
Make-a-Quilt Night

Tuesday, January 15th @ 7:00 pm
Vienna Volunteer Fire Department
400 Center Street S., Vienna, VA 22180

Vienna QU will start out the 2008 New Year right by making a quilt in just one night. To participate just bring a needle and neutral thread for hand piecing, a few straight pins, and a small pair of scissors. If you are new to hand piecing don't worry. Janet Marney, Vienna QU President, will host a hand-piecing clinic for new quilters. Look for the "Beginners Table" sign. There will be different block designs for you to choose from, the classic favorite with a little flair, the traditional beauty with a graceful edge, or a scrappy work of art. Which block will you make? Either way you could be a winner. If you are interested in volunteering e-mail Shelia Teague at "steague17@yahoo.com or call 703-591-3609.

Note: The clip art above does not represent Make-a-Quilt Night blocks.

Meeting Refreshments! - *Polly Dombroski*

Please bring refreshments to the meeting in the month in which your last name falls:

January - McCann - Rice
February - Ridder - Stephens
March - Stierman - Zielinski

For April & May – please bring refreshments according to your birthdate:
April – Odd Birthdates
May – Even Birthdates

If you feel inspired in January – bring a WINTER treat or a treat that is BLUE!

Hello Charm Swap Participants: HAPPY NEW YEAR!!!

For future reference when you need to turn your month's charm swap blocks in I suggest you continue to do as you have been doing:
- Have a friend bring them to the meeting.
- Contact me by email diana.sinclair@vdfy.com; home (703-319-4022) or work (703-442-9205 x330) for directions to my home to drop off your charms.
- Or by mail: Diana Sinclair, 212 Park Terrace Ct. SE #70, Vienna, VA 22180

If you have not turned in your December GREEN Tone on tone fabric charm swap block, you know what to do!

The following is a New Year's Wish that I love sharing with special people in my life and some of you may wish to share with others:

Certain people just make a continuing, positive difference in your life, whether through love and support, teachings, special help, differences, or just by being who they are. And for me, you are one of them. I am grateful for your support and the tremendous learning you made possible for me in 2007. You have held, and will continue to hold, a special place in my heart. As you begin your journey of 2008, I wish for you a healthy, joyous, creative, and prosperous year. May you live your greatest dreams, use your talents freely, choose for love, and make life fun! **Remember: *You* can make 2008 as good as you want!**

The Friendship Bee made a beautiful quilt (shown below) on Dec. 30 for Diane Knox, who is being treated for cancer. Please keep Diane in your prayers for doctors' wisdom and a complete recovery. Please, no phone calls or emails, but send cards to: Mrs. Diane Knox, 10609 Hannah Farm Road, Oakton, VA 22124. Pictured (L. to R.) Nickie Ratliff, Karla Vernon, Lorraine Heady, Tommie Curtis, and Lucille Loder. Not pictured are Jean Altmann, Katie Seaton, and Hilary MacDonald.

Happy Birthday to our January-born Quilters!

Nicole Choiniere-Kroeker, 1/2
Martha Blevins, 1/4
Hazel Carter, 1/9
Jennifer Klostermeyer, 1/9
Barbara Cannon, 1/12
Anne Ridder, 1/14
Wanda Snuggs, 1/15
Eleanor McCann, 1/20
Ginnie Lebosse, 1/21
Mi Jo Sesow, 1/29
Lesly-Claire Greenberg, 1/30

2007-2008 Officers			
President	Janet Marney	703-352-2795	janet@marney.org
Vice President	Karla Vernon	703-281-0738	kvernon@cox.net
Treasurer	Trudi Sommerfield	703-921-9135	tsommerfield@pwcgov.org
Corresponding Sec.	Connie Sherrill	703-281-0397	conniesherrill@cox.net
Recording Secretary	Gloria Sladek	703-255-1073	gsladek80@earthlink.net
Newsletter	Bonnie Young	703-272-7327	bonnieworthyoung@hotmail.com
Nominating Chair	Dottie Reed	703-978-7298	d35reed@verizon.net
2007-2008 Committee Chairs			
Challenge	Jo Loder	703-796-1338	jloder@idhs.org
Charm Swap	Diana Sinclair	703-319-4022	Diana.Sinclair@vdfy.com
Community Service	Dottie Reed	703-978-7298	d35reed@verizon.net
Fund Raiser	Kathy MacNabb	703-938-4355	kmmacnabb@aol.com
Historian/Photo	Katie Abruzzino	703-689-2531	keabruzzino@msn.com
Hospitality	Polly Dombrowski	703-938-7799	dombroskifamily@hotmail.com
Library	Diane Dresdner	703-378-0994	ddresdner@cox.net
Make-A-Quilt Night	Shelia Teague	703-591-3609	Steague17@yahoo.com
Membership	Nydia Haberlie	703-573-1122	cmcnydia@cox.net
Programs	Hazel Carter	703-938-3246	hazelmacc@aol.com
Programs	Susan Sladek	703-352-0237	sladek.susan@verizon.net
Quilt Preservation	Susan Sladek	703-352-0237	sladek.susan@verizon.net
Quilt Show Rep	Miriam Esterrich	703-319-0929	esterrichm@tesystemsinc.com
Quilt Show Collector	Joan Gifford	703-255-9366	giffordj@georgetown.edu
Retreat	Karla Vernon	703-281-0738	kvernon@cox.net
Secret Pals	Kathy MacNabb	703-938-4355	kmmacnabb@aol.com

Vienna QU Bees

What are bees? They are a group of people who meet regularly, either at each others homes, or in a public place, to quilt, sew, knit, eat, talk, share techniques, and have fun. Close friendships that can last a lifetime are formed at these bees. These are the "open" (allowing new members) bees at Vienna:

Wannabees - Contact Bill Rice (703.503.7378)
Mondays, 7PM, Calvary Hill Baptist Church, Fairfax, VA

Night Owls - Contact Sue Sladek, quiltworks@netzero.net
1st, 2nd, 4th, 5th Tuesdays, Vienna Presbyterian Church, Vienna, VA

If you would like to form a new bee, either contact me (the beekeeper), Karla Vernon (kvernon@cox.net), advertise in our Vienna QU newsletter, or announce it at a meeting.

AROUND THE COLOR WHEEL – BLUE

January's cold weather brings crystal clear blue skies and icy blue-shadowed snow. Blue is part of the cool half of the Color Wheel, bringing feelings of restfulness and calm as it evokes sky and water. Since everyone can relate to these elements in Nature, it should be no surprise that blue is the favorite color of most adults worldwide (although people in artistic fields tend to pick other colors as their first choice).

Blue symbolizes tranquility, permanence, and unity, but is also crisp, orderly, and dependable. The "something blue" that brides wear comes from Biblical times, when true blue was an emblem of faithfulness and loyalty (look at the blue Star of David on the flag of Israel). Calm skies and a calm ocean give the impression of infinity. When searching for blue fabrics, consider sky blue, cerulean blue (popular in Scandinavia), cyan (a rich turquoise beloved by printers and photographers), azure, Wedgwood, peacock, deep navy blue, royal blue, smoke, steel blue, denim, robin's egg blue, teal, and periwinkle – a light lavender blue that is one of my favorites.

What shall we put with blue? The current popular blue-greens of ladies' fashion, such as turquoise and aqua, go well with beige and brown. Primary blue used with pale green and chocolate is stunning. Add emerald green and persimmon to blue with pure white for even more drama.
Yellow goes better with blue than pink. Pink must be hot and vivid or turn to red in order to balance the blue in your quilt. Pale lemon yellow is wonderful with bright blue, and many quilting fabrics feature this combination. Chinese tea canisters and other blue and white porcelain dishes, lamps, etc. are common examples of the classic pairing of blue and white, as are the many antique two-color quilts pieced in geometric patterns such as Nine Patch, Irish Chain, and Burgoyne Surrounded.

Blue's complement is orange, so that's a winning combination for quilts (also the school colors of UVA). Another good option is to use blue with the colors found on either side of it, green and purple, for a lovely analogous color scheme. This naturally evokes the sea. Another good choice using vivid jewel tones is blue, violet and red (or fuchsia), especially on a black background.
Studies show that, while red is the favorite of preschool children, as kids grow they begin to develop an interest in the cooler colors. Their second color choice is blue. Children who emphasize blue at a very early age are found to be concerned with control of both themselves and others. By first grade, children branch out into secondary colors. Also, studies of elementary school children have found that girls are better at differentiating colors than boys (but you knew that). Other research suggests that color-oriented children are more likely to prefer creative and innovative careers when they grow up, while youngsters more interested in form than color tend to pursue more factual, quantitative careers as adults.

Another study showed that looking at blue decreases respiration, blood pressure, and heart rate, a subconscious physical response to color. Blue is the color of the absence of blood. (Maybe I'll look at something blue the next time I feel stressed or angry!) In product packaging, blue means cleanliness. For example, blue is America's top color choice for toothbrushes. Also note how many soap packages are mostly blue, or use blue to enhance other colors. Blue is often used to sell milk and dairy products; white paper, white sheets and white sugar look whiter in blue packages. Eggs with white shells sell better in packages with blue stripes than with stripes of a different color.

What about "baby blue" for boys and pink for girls? One explanation is that for centuries, all European children were dressed in blue because the color was associated with the Virgin Mary. The use of pink and blue emerged at the turn of the century, the rule being pink for boys, blue for girls. Surprised? Since pink was a stronger color (being derived from powerful red), it was best suited for boys; blue was more delicate and dainty and best for girls. And in 1921, the Women's Institute for Domestic Science in Pennsylvania endorsed pink for boys, blue for

girls. One could argue that contemporary color symbolism confirms these associations. Blue is considered a calm, passive color, hence feminine. Red is considered active hence masculine.

On the other hand, the idea of associating blue with male babies may stem back to ancient times when having a boy was good luck. Blue, the color of the sky where gods and fates lived, held powers to ward off evil, so baby boys were dressed in blue. In Greece a blue eye is still thought to have powers to ward off evil. The idea of pink for girls might come from the European legend that baby girls were born inside delicate pink roses.

Another theory proposes that the gender origins were from ancient China. At a time when certain dyes were quite rare, pink dye was readily available and therefore inexpensive. Since blues were rare and expensive, it was therefore considered to be more worthwhile to dress your son in blue, because when he married the family would receive a dowry. Also, a tribe in Namibia uses pink snail shells for women's wealth.

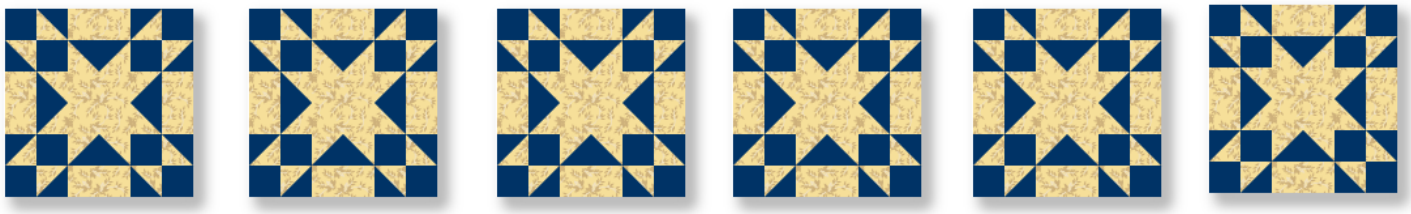
In America in my lifetime, I have seen the trend shift from set boy/girl colors to a large variety of colors, including primaries and brights, being used for a baby's clothes and room. Clear yellow and apple green seem to be “safe” baby shower colors now. Aqua can also go either way. One word of advice from personal experience working in a quilt shop: when making a baby quilt as a gift, it might be prudent to find out the nursery colors before beginning the quilt, if you want it to be used.

More blue symbolism: blue can mean sadness, as in the songs “Love Is Blue,” “Blue Christmas,” and many others, along with a whole category of music called the Blues. But blue can also imply speed in "blue streak." So-called “blue laws” prohibit certain activities for religious reasons, such as not allowing shops to be open on the Sabbath, which seems to tie in to the faithfulness to God concept as well as restfulness. More “true blue” connotations: "blue bloods" and "blue-stockings" refer to aristocrats. Blue ribbons recognize true quality or excellence in competition, and true automobile values are found in a "blue book." Quiescent quality – maybe these two Qs describe the blues!

However you use blue in your next quilt...
Keep it colorful!

janet

Note: this article draws heavily upon Carleton Varney's book, *Color Magic*, and the web site www.colormatters.com. Other sources include: *Color Magic for Quilter*s by Ann Seely and Joyce Stewart, Jinny Beyer's *Color Confidence for Quilters* (this book opened my eyes to the importance of the deep dark in every quilt), and *Color Play* by Joen Wolfrom (Joen uses the Ives Color Wheel, which is the specific one used for fabric dying).



VIENNA QU CALENDAR - 2007-2008

January (blue)
9 VQU Board Meeting - Oakton Library
13 Winter Quilt-In (Big QU event) – Falls Church High School – 1-4 pm
15 VQU Mtg: Make-a-Quilt Night
21 Martin Luther King, Jr. Holiday

Ongoing events
- "Going West" Quilt Exhibit at Renwick Gallery -- Exhibit displayed now through Jan 21

February (purple)
6 VQU Board Meeting - Oakton Library
19 VQU Mtg: Amish Women and their Quilts – Rachel Pellman
21-24 Mid-Atlantic Quilt Festival --- Hampton Roads, VA
29 Deadline for Quilt Show Applications

April (grey)
2 VQU Board Meeting - Oakton Library
12 Landscape Quilts --- Appliqué workshop --- Jo Diggs
15 Talking about Art Quilts – Jo Diggs Location Kilmer M.S. Lecture Hall
20 First Day of Passover
25-27 Friendship Star Quilt Show – Maryland State Fairgrounds

March (black)
6 VQU Board Meeting - Oakton Library
11* VQU Mtg: Rapid Fire Hunter's Star – Deb Tucker
14-17 VQU Retreat - New Windsor, MD
23 Easter
27-30 Quilters Heritage Celebration and Spring Blossom Festival --- Lancaster, PA

May (brown)
1-3 QU Annual Meeting, Quilt-In, lecture and Workshops - Carol Doak
7 VQU Board Meeting - Oakton Library
20 VQU Mtg: 19th Century Signature Quilts --- Deb Cooney
26 Memorial Day

June (white/all)
6-8 QU Quilt Show
17 VQU Mtg: June Dinner
TBD In/Out Board Dinner

Notes –
* The VQU meeting in March will occur on the second Tuesday of that month!
* The Big QU Quilt Show Committee meets on the first Tuesday of each month.

BOOK BEAT – Diane Dresdner

New purchases:
Fiction:
Circle of Quilters. J. Chiaverini. An Elm Creek Quilts novel.

The Diary of Mattie Spenser. S. Dallas. Mattie & Luke marry and travel by covered wagon to the CO frontier.

Non-Fiction:
Creative Quilting: The Journal Quilt Project. Bresenhan, Ed. Each quilt shown represents a page in a quilter's life story. Each of the 400 8 1/2" by 11 ½" quilts were culled from nearly 6,000 quilts made by artists from around the world.

Cutting Garden Quilts: Fabulous Fusible Flowers. Bula. Simple paint-by-number process to create breathtaking floral quilts. Combine layer & fuse techniques with color placement tips for stunning results.

Easy Applique Samplers: Twenty Designs to Mix and Match. Mimi Dietrich. Learn hand, fusible, and machine appliqué tips from an expert.

Fabric Leftovers. Milne. Clever ideas for using up scraps, buttons, beads, recycled clothing, etc.

Lickety-Split Quilts for Little Ones. Laurie Bevan. Large traditional blocks require less cutting, fewer seams, and just a few fun fabrics. Fifteen beginner friendly quilts that kids will love.

Machine Quilting Solutions. Christine Maraccini. Stumped on how to quilt your latest top? Learn to 'read' your quilt top and choose motifs to match your piecing and appliqué.

Nine Patch Extravaganza. J. Laquidara. Transform this classic quilt block into exciting quilt projects. Inventive and imaginative color placement, unique settings and border ideas.

Points of View. Valerie Hearder. Landscape quilts to stitch and embellish. Use beads, embroidery, appliqué, fabric paints, watercolor pencils.

The Quilt that Walked to Golden: Women and Quilts in the Mountain West. Sandra Dallas. A window into the lives, trials, & friendships of generations of CO women who recorded their stories in the quilts they left behind.

Quilting by Improvisation: Exploring Curves, Openwork, and Dimension. V. Pignatelli. Stress-free techniques to tame curves and sharp angles. No-rules improvisational methods to incorporate dimension and texture. Innovative fast finishes and faced bindings.

Quilting with My Sister: 15 Projects to Celebrate Women's Lives. Brandeburg and Christopherson. Projects for children, friends, home, and holidays. Quick piecing and fusible appliqué in wall quilts, place mats, pillows, lap and twin-size quilts.

Donations:
Encyclopedia of Pieced Quilt Patterns. Brackman. Illustrations, names, and original published sources for over 4,000 pieced patterns. Comprehensive listing of designs published from the 1830's through the 1970's.

Endless Chain. By Emilie Richards. Fiction. With the warmth and comfort of a handmade quilt, Endless chain explores the intricate patterns of family and community.

Hand Stitched Boxes. Meg Evans. Techniques include free-embroidery, canvas-work, cross stitch and folded patchwork.

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. I will also have lists available for you to look at during our meetings.

In memory of Ruth Tozar, Mr. & Mrs. Russell Tozar sent Vienna QU a check for $50 in December. Ruth was a beloved long time Vienna QU member who enjoyed teddy bears and other fun and fuzzy things. Who can forget her mischievous smile when she wore the angel wings made by her Bee, or the special little gifts she made for each person who came on the Retreat? Ruth was a great role model, staying active and making quilts for others well into her 90s. We miss her.

Announcements

DON'T FORGET THE QUILT IN! Remember, the Winter Quilt In is on Sunday, January 13 from 1-4 PM. It will be held in the cafeteria of Falls Church HS. Please bring a dessert to share, some handwork (no machines), blocks for the drawing, your latest project for show-n-tell and come enjoy an afternoon with friends and members of other QU Chapters. The instructions for the block exchange and other information is available on the QU website at http://www.quiltersunlimited.org/. You will also have a chance to sign up as a volunteer for the Quilt Show." For more information, contact Cathy Hanratty (MV) at hanrattymc@comcast.net

RETREAT OPENINGS STILL AVAILABLE! Our retreat is March 14-17 at the New Windsor Conference Center in New Windsor, Md. It is a Brethren Church retreat complex. It is a little over an hour away from Fairfax, and the price is all-inclusive! If you have never been on a Vienna retreat before, you don't know what you're missing. I will match you with a roommate, or you may have a single room. Look at the enclosed retreat sign-up form for further information and prices. Our projects planned for you are fantastic, or you can do your own thing! - Karla Vernon, Retreat Chair

PLAN AHEAD! Before we have a chance to blink once or twice and catch our breath, it will be May and time for the big QU Quilt Show. The Vienna chapter will be expected to contribute some beautiful items to the silent auction to raise money for the organization. VQU has always stepped up to the plate with lovely baskets and quilts. It is not too early to begin plotting and scheming about what you or your bee could create to contribute to this fun activity. It's time to start looking through books and magazines and do some brainstorming with your quilting buddies. We are all looking forward to a wonderful quilt show in the spring.

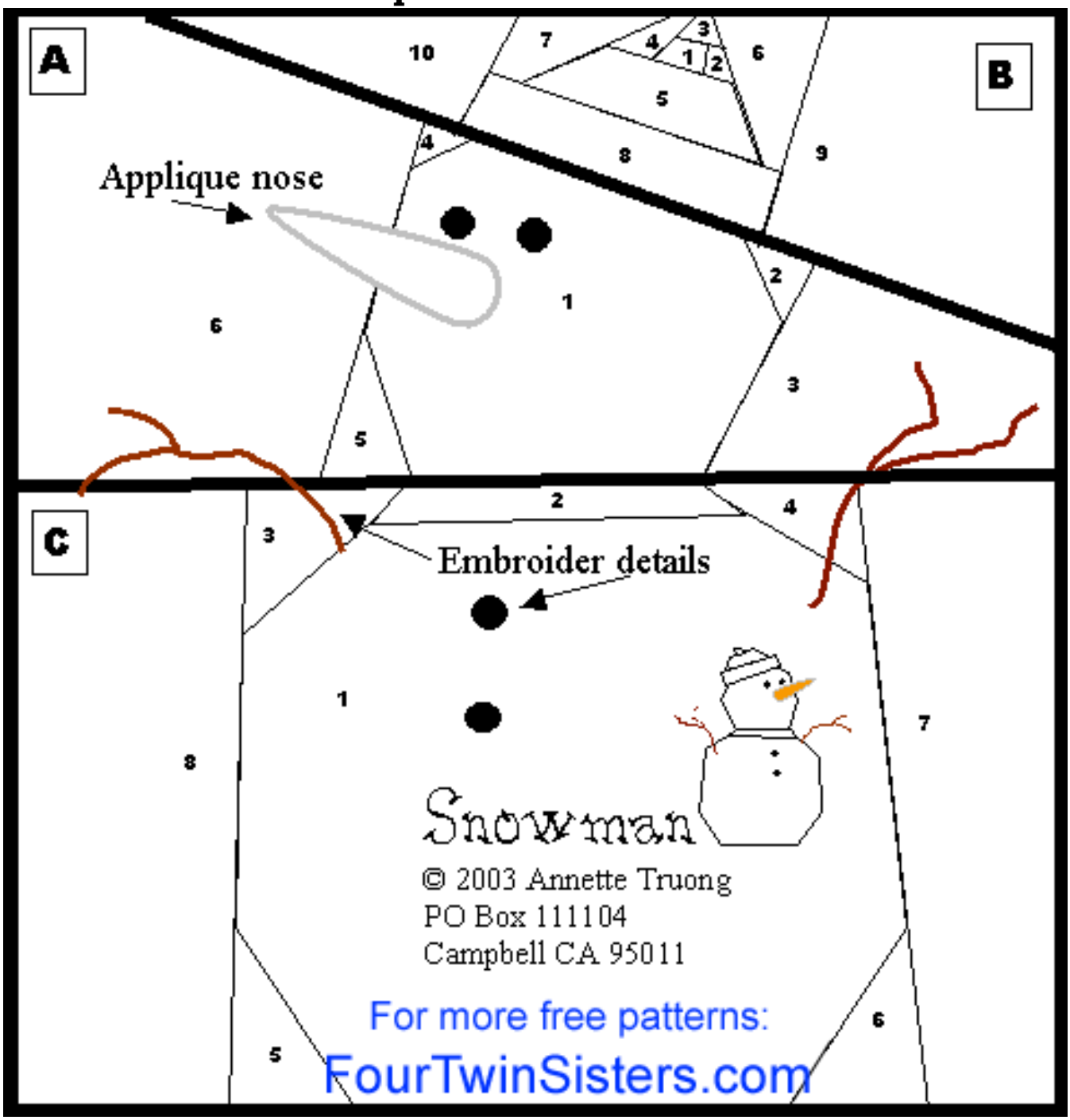
VIENNA QU'S COMMUNITY SERVICE DAY will be held on Saturday, January 19, at Calvary Hill Baptist Church, located at the intersection of Little River Turnpike (Rt. 236) and Olley Lane (just one block East of the Pickett Shopping Center - - left on Rt. 236 from Pickett Road). The room is at the back of the church. Please take the second driveway into the building. The room is available to us from 8;00 a.m. - 4:00 p.m., so arrive whenever you can and stay as long as you like. If you will be there around noon, you may either bring a bag lunch or we can order pizza or send out for sandwiches or KFC (group choice).

There will be animals to turn and stuff and more to sew for Fairfax Hospital Children's Emergency Room, one or two lap quilts to baste and tack for Walter Reed Army Medical Center, and pillowcases to sew. Stuffing will be provided. The animal patterns and fabric will be available if you want to make another lap quilt top or mark and cut more animals (bring a pencil for the latter), and a

separate fabric collection will be available for the pillowcases. Sharpies will be available for drawing the animal faces. Any donations of clean leftover batting scraps (to cut up for stuffing), leftover polyester fiberfill or cotton, and ribbon or fabric string scraps for animal neck bows will be appreciated. So, depending on what you prefer to do, please bring your sewing machine, thread, pins, needles, and/or turning/stuffing sticks.

We had a great group last year, and I think everyone enjoyed the day. We completed about 50 stuffed animals and two quilts (except for the binding), and another 20 or so incomplete animals went home with one volunteer for finishing. So I'm hoping we will have a good turnout again this year for these worthy projects so we can equal out accomplishment last year. Hope to see you there! - Dottie Reed

Snowman Pattern – Paper Pieced!



"Snowman" by Janet S, Marion OH
Pattern by FourTwinSisters.com

VQU Retreat Registration Form
New Windsor Conference Center
New Windsor, MD
March 14 – 17, 2008

Name:_____

Address: _____

Phone: (home) _____

(work) _____

(cell) _____

Email Address:_____

In emergency, contact:_____

(phone) _____

Roommate(s) preference: (Note: All individuals need to agree to sharing the room before you list them.) _____

☐ I am new to this group and would like help choosing a roommate.

Special needs, if any:
Dietary: _____

Accommodations: _____

Make checks payable to: **"Vienna Quilters Unlimited"**

1. All Pay Deposit: $50 ($25 is non-refundable), Due NOW!!!

2. Be sure to indicate which package you wish, 2 or 3 nights, double or single occupancy:

Total Amount below: (Balance Due, Feb. 1, 2008)
☐ 2 nights, double occupancy: TOTAL, $210.00, $160.00
☐ 3 nights, double occupancy: TOTAL, $280.00, $230.00
☐ 2 nights, single occupancy: TOTAL, $230.00, $180.00
☐ 3 nights: single occupancy: TOTAL, $315.00, $265.00

3. Please, bring form & payments to a meeting, or mail to:
Jo Loder, Retreat Treasurer
11607 Clubhouse Ct.
Reston, VA 20190
wmloder@comcast.net

Questions? **Ask Karla Vernon,** 703-281-0738, kvernon@cox.net