



Westerville Quilt Guild

NEWS

Volume 11, No 2 — February 2015



February 24, 2015

Melissa Grawe, President-of-the-Month

Our Favorite Quilts: More Than a Sandwich!

A quilt sandwich consists of three layers - quilt top, batting, and backing. The quilt sandwich is held together with thread. Stories about twenty-five (25) favorite quilts of the following Westerville Quilt Guild members will be shared at the February meeting. Learn why their quilts (many on display) are so much more than a sandwich!

Madeline Hansen
Becky Dickson
Jayne Godsey
Barb Horlocker
Carol Cleaves
JoAnne Guthrie-Hurst
Marcey Arter
Becky Stains
Donna Pierson

Annette Beachy
Exie Lundquist
Nancy Ehounou
Marilyn Hines
Karen Lesueur
Judy Theil
Vicki Melvin
Aggie Peterson

Marilyn Murray
Ruthie Hoover
Corinne Vititoe
Christina Sidebottom
Melissa Grawe
Susan Edwards
Amy Komula
Westerville Quilt Guild

Vicki Melvin will facilitate the favorite quilt part of our guild meeting. The Legion will be open at 6:00 PM for draping the quilts, so if you are bringing a quilt please come early so we can display them all.

As a part of the monthly meeting, Melissa will have each Committee Chair give a sneak preview of this year's programs.



SOCIAL TIME - Meet and Greet - Arrive Early When You Can...

Start gathering around 6:30. Greet friends & MEET new members. **Members:** This month make sure you find someone who you don't know so well, or a new member or guest you haven't met and introduce yourself. **New Members/Guests:** If you are a new member/guest, approach someone you don't know and introduce yourself. Learn a tad about the other person and share a bit about yourself! We are a friendly bunch!

We meet on the 4th Tuesday of each month, 6:30 pm Social Time, 7:00 p.m. Meeting, at The Westerville American Legion Hall, 393 East College Avenue, Westerville, OH 43081, Web Site: <http://www.WestervilleQuiltGuild.com>, E-mail: info@westervillequiltguild.com



Tickets for the February Raffle Basket "Out of Africa" will be on sale at the beginning of the meeting and during the meeting. The drawing will be at the end of the meeting. Tickets are \$1 or 6 for \$5. This month's basket is loaded with African themed items! For information on African fabrics, [see page 4.](#)

Surprising Health Benefits of Quilting

By Jillynn Stevens, Ph.D., MSW

You know that quilting makes you feel good, but now there's scientific evidence to back up what you've always suspected-not only does quilting make you happy, it's actually good for your health. Researchers at the University of Glasgow published their findings in the peer-reviewed *Journal of Public Health* after conducting qualitative research using a local quilting group as their source. The end result? "Quilting seemed to possess some distinct properties for enhancing well-being that would not be replicable through outdoor/physical activity." In other words, that's dry research speak for saying quilting gives you a workout you're not going to find in your local step class.

The biggest perk? When you're happy and doing something you love, your brain gets saturated with dopamine and serotonin, otherwise known as happy chemicals-especially when you're doing "meaningful work" using your hands. According to Kelly Lambert, PhD and a member of the neuroscience department at Randolph-Macon College, quilting complements these conditions perfectly.

Read more at:

<http://ezinearticles.com/?Surprising-Health-Benefits-of-Quilting&id=8297639>

2015 Program Sneak Peek



March 24, 2015

JoAnne Guthrie-Hurst & Daleen Dotson,
Presidents-of-the-Month
Quilt Carrousel Demonstrations

Travel around the quilt technique demonstration tables as WQG members share their knowledge and skills.

April 28, 2015

Marilyn Murray, Cindy Walton, & Ginny Littleton,
Presidents-of-the-Month
Yard Sale Night

Time to clean out your studios, and prepare for Yard Sale night in April. If you want to reserve a table let Marilyn Murray, Ginny Littleton or Cindy Walton know. Some helpful hints...Plan your display, Have things well marked, be prepared to make change, have a few plastic bags to help your customers with all their purchases.

If you only have a few items and want to donate to the guild table that would be great.



*Westerville Quilt Guild
Sunshine Committee*

If you know of a member who is sick, has had surgery, or has had a death in the family, please contact **Christina Sidebottom** who will send a card.

E-mail: o-side@att.net, telephone: 614-895-9820 (home) / 614-208-2857 (cell).

2015 Programs

February 24

Melissa Grawe, President-of-the-Month
Our Quilt Stories
2015 Project and Event Preview

March 24

JoAnne Guthrie-Hurst & Daleen Dotson, Presidents-of-the-Month
Quilt Carrousel Demonstrations

April 28

Marilyn Murray, Cindy Walton, & Ginny Littleton, Presidents-of-the-Month
Yard Sale Night

May 26

Vicki Melvin, President-of-the-Month
Doll and Crib Quilts - Amy Korn, Certified Appraiser

June 23

Abby Miller, President-of-the-Month
To Be Finalized

July 28

Jeff Bretthauer, Marcey Arter, & Janice Baer, Presidents-of-the-Month
Annual Picnic Meeting - Orphan Blocks

August 25

Ruthie Hoover & Christina Sidebottom, Presidents-of-the-Month
Rebecca Odom, Textile Curator, Ohio History Connection

September 22

Shannon Bartlett and Lisa Smith, Presidents-of-the-Month
AnneMarie Chany, *genxquilters*

October 27

Susan Edwards, President-of-the-Month
Indian Hatchet Block

November/December (date to be announced)
Pat Beeman, Jayne Godsey, DeeAnn Haworth, & Vicki Melvin, Presidents-of-the-Month
Annual Holiday Meeting



Charm Squares 2015

A great way to expand your stash!

This year's themes are going to revolve around nature and activities relating to that month. Squares are 6 x 6 of quilt shop quality fabric.

January — *Welcome Baby New Year*
Nursery Prints

February — *Romance is in the air*
Hearts, Flowers, Candies, Sweets.

March — *Change is in the air*
Landscapes, Sunsets, Weather.

April — *Showers, Rain, Water, Umbrellas* — Fish

May — *Flowers* — Flowers-Flowers

June — *Brides and Grooms*
Black and White Prints

July — *Our Great Nation* — Patriotic Prints

August — *Harvest* — Farms and Gardens

September — *Back to School* — Apples, Children

October — *Black Cats and Scary Bats!*
Leaves, Pumpkins, Turkeys, Oranges, Browns and Reds.

November — *Days are getting shorter*
Metallic Prints/ Glittery/Shiny.










If you would like to participate this year, please e-mail or text Abby Miller at:
gabriel83@columbus.rr.com or (614) 783-5470.

African Fabrics

The production of fabric in Africa dates back to 5,000BC when ancient Egyptians began cultivating plants for the purpose of weaving. Examples of African textiles were discovered at the archaeological site of Kissi in northern Burkina Faso and dating to the first centuries AD. Woven cloth fragments dating from the ninth century AD have been found in sites of the Igbo peoples in Nigeria. Woolen and cotton textiles dating from the 11th century AD have been preserved from *Tellem caves* in Mali.

Fabrics were a strong aspect of the African culture. Typically, women spun the thread while men performed the weaving activity. Originally, much of the African cloth was plant based (wild silk and cotton). As African civilization flourished, so did the evolution of textiles with regions and tribes developing characteristic fabrics and symbols.

Today, there are is a vast array of fabric designs dispersed throughout Africa. Here are some examples from <http://hartcottagequilts.com/africantextiles5.htm>.

	Resist dyed_- Yoruba_adire		Painted - Malian_bogolanfini_mudcloth
	Resist dyed -_Efik_ukara		Stamped - Asante_adinkra_funeral cloth
	Resist dyed -_Dida tie-dyed raffia cloth		Woven -_Bunu Yoruba_aso ipo
	Embroidered_- Kongo raffia embroidery vs. "Kuba cloth"		Woven -_Ijebu Yoruba_aso olona_and Akwete Igbo_ikakibite
	Applique and patchwork on raffia - Kongo vs Bakuba		Woven - Asante and Ewe "kente"

	Patchwork and quilted - Sudanese Arab and Cameroon Fulani horse armor		Applied -Sudanese Arab jihadi tunics
	Applied -Fante asafo flags		Applied -Edo (Benin) royal banners, and skirts, and "pangolin skin" robes

There is a wealth of information on the internet regarding African textiles and quilts. The references below are a sampling of what you will find.

http://en.wikipedia.org/wiki/African_textiles

<http://afrolegends.com/2013/05/17/history-of-african-fabrics-and-textiles/>

<http://hartcottagequilts.com/>

<http://www.adireafricantextiles.com/africantextintro5.htm>



Check This Out:



The [Quilt Index](#) is a project of the [Michigan State University Museum](#), [Matrix](#), and [Quilt Alliance](#) to preserve images and stories about quilt artists, quilts, and quilting activities and then to make this information searchable and freely accessible for research and education. The Index houses tens of thousands of images and stories of artists and quilts from private and public collections around the world.

This is a fantastic web site—and they have an APP for your iPhone (on iTunes) or Android phone (on Google Play) too! Plus all sorts of information that is free to access for any one doing research about quilts and quilting. Check it out next time you have several minutes to spend looking at everything they have to offer.



Newsletter Information

Newsletter submissions should be sent as an attachment or typed in the body of an email to the following email address: Newsletter@westervillequiltguild.com. The "publication" date for the Newsletter will be the 3rd Tuesday of the month. All items submitted to the Newsletter need to be in by the 2nd Tuesday of the month. If you know of a member that does not have access to email, please give them a copy of the newsletter.