

May 13, 2024



Our Next Meeting will be on Monday, May 13, at 6:30 pm, in person and via Zoom.

FLYING GEESE QUILTERS GUILD

FGQG Goose Tracks

Email Address:

newsletter@flying-geese.org

President's Message

By Trudy Cleveland

I recently read an article that discussed a study that showed volunteering in our senior years may protect the brain from dementia and Alzheimer's disease. They found that seniors who volunteered had better cognitive function than those who did not make a habit of volunteering. I am simplifying their conclusions, but you can read the study here:

<https://health.ucdavis.edu/news/headlines/volunteering-in-late-life-may-protect-the-brain-against-cognitive-decline-and-dementia/2023/07>

I was intrigued by this study and its conclusion. If volunteering is a way you can boost your cognitive health, the guild is here to help!

Volunteering is essential to **"getting it done"** in our guild. We have multiple ways you can volunteer to help our organization continue to thrive. We will be having our auction in September, and it is a fun, lively event that will have numerous volunteer opportunities for members to sign up.

By volunteering, you help your guild, and you just might be giving yourself an extra layer of protection from senior health issues. **Seems like a win-win to me!**

Join us at the Stonefire Grill at 4:30pm before the Guild meeting, to meet our speaker, be with other guild members, and relax before the meeting.



Inside This Issue

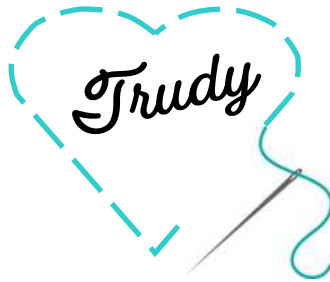
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President's Message continued

By Trudy Cleveland

At our May meeting, we welcome Dru Ferrell of Sew Treasured Quilt Store in Temecula speaking about her "Journey Thru Quilting."

Dru is bringing a pop-up shop from her shop...so be prepared for some retail therapy at the May general meeting.



“Volunteering may be important for better cognition in late life and could serve as a simple intervention in all older adults to protect against risk for Alzheimer’s disease and associated dementias.”

— Yi Lor, UC Davis doctoral student and author of the new study

Program Feature—Next Meeting

Dru Ferrell of Sew Treasured Quilt Shop “My Journey Through Quilting” May 13, 2024



Join us for an inspirational evening as Dru shares the story of her quilting through the years, the path she took and the quilters who came before her, as she realized the dream of becoming the owner of her own shop.



Pop Up Shop

Have fun shopping together at Dru’s Pop Up Shop, designed especially for our guild.

Dru will be offering a unique selection of kits, precuts and wool, all chosen to inspire your creativity.



Coming Attractions — Program Updates

June 10th, Event

Barbara Blanton “Better Done Than Perfect”



Barbara is PASSIONATE about Applique and is determined to share that passion with others. She began appliqueing in 1990 and set a challenge for herself to complete three queen size applique tops per year. And she has succeeded for many years in meeting that goal! HOW??



Join us in welcoming Barbara Blanton to our guild as she shares the secrets of her success with plenty of humor, and showing examples of every mistake you can make and how to “hide” or fix it.

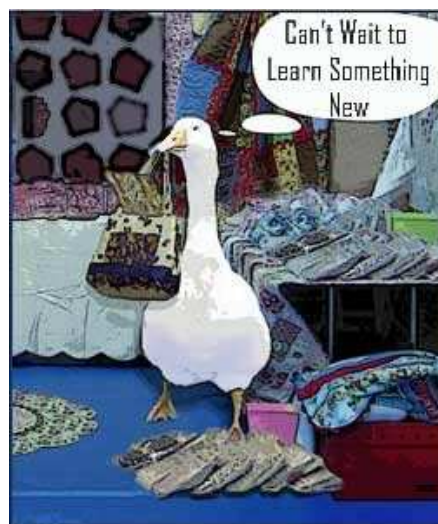
July 8th, Event

Round Robin Sampler Get It Done!

Who doesn't have that lingering project just waiting to be completed? Join us as various members share their expertise to help us cross the finish line.

July's program will be a fun evening of learning from each other as we move from station to station, picking up new skills along the way. We will be addressing backing choices, preparing for the longarm quilter, various options for quilting our projects ourselves, and tips for the perfect binding.

Do not miss this exciting opportunity to broaden your skills and discover something new.



Coming Attractions — Workshop Updates



On Sunday, June 9th, we present Barbara Blanton who is a true aficionado of applique, sometimes referred to as the “Dreaded ‘A’ Word”. We are so honored to have this opportunity for Barbara to share her craft with us.

Barbara has an amazing sense of humor and is totally passionate about teaching applique. She loves to start with beginners and turn them into accomplished appliquers. Imagine how you can enhance your quilts with this new skill!



You may choose from two different projects to make: “Ascending” or “Lilly Rosenberry” in two color ways: red and green, or pink and lime green. Be sure to indicate your preference when you sign up for the class. Everything that you need to complete the block will be provided in the kit of your choosing for \$20. Also, recommended notions will be accessible for use during the class and available for purchase at the guild meeting.



This workshop will be held at Orange Quilt Bee, 628 E, Katella Ave., Orange, CA 92867 from 10AM to 4PM.

The cost of the class is \$40 and \$20 for the kit.

There are only a few spaces left. You can sign up for the workshop at the next guild meeting or contact Gail Larderuccio (see guild directory for contact information).

Coming Attractions — Workshop Updates Continued



In August, we welcome **Krista Moser** who will be teaching two fabulous workshops — “Fall Foliage” and “Vintage Windmill”. Both patterns require the Creative Grids 60-degree Diamond Mini Ruler which Krista designed and uses in her patterns. Both patterns incorporate hexagon blocks which are designed so as not to have any “Y” seams.

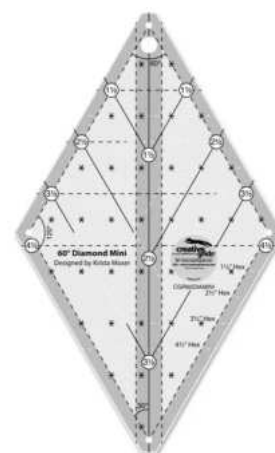
The “Fall Foliage” workshop will be held on Sunday, August 11, 2024, at Orange Quilt Bee, 628 Katella Ave., Orange, CA 92867 from 10AM to 4PM. Kits are available in Purple Gelato or Moss

Green ombre background.

The “Vintage Windmill” workshop will be held on Monday, August 12, 2024, at University United Methodist Church, 18422 Culver Dr., Irvine, CA 92612 from 10AM to 4PM. Kits are available in Victory Garden, Brave (Patriotic), or Christmas prints.

Both workshops cost \$40. Requirements are the Creative Grids Mini 60-degree diamond ruler and the desired pattern.

Sign-ups will begin at the May 13, 2024 guild meeting. You can sign up for both classes if you wish. After all, you’ll already have the ruler!



Featured Advertiser

By Julia Renaud



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Contact Us

Phone: (951) 304 - 9787
Website: sewtreasuredquiltshop.com
Email: sewtreasured@stquiltshop.com
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UFO Challenge Updates

By Kathleen Quinn

GOOD JOB!

We finally have come to an end! Congratulations to everyone on completing 1 or more UFO projects. They have all earned a special UFO basket with measuring tape and wonder clips for their next binding projects.

A big round of applause to the following UFO Quilters who have at least completed five or more quilts:

Michelle Howe – completed 6 quilts - won the Grand Prize of a new Sewing Machine donated by Casey Luchsia of Pals Sewing & Vacuum Center.

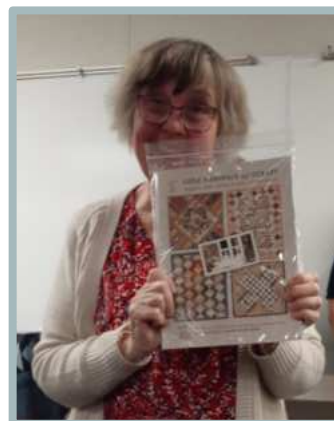
Darla Cox – completed 5 quilts – won a \$200 Gift Card donated by Dru & Caitlyn Ferrell of Sew Treasured Quilt Store.

Brett Gunther – completed 5 quilts – won the Large Clapper donated by the Quinn Family.

Mary Branca – completed 5 quilts – won the Small Scraps Book donated by Edyta Sitar of Laundry Basket Quilts.

Gail Larderuccio – completed 5 quilts – won the Small Scraps note cards donated by Edyta Sitar of Laundry Basket Quilts.

Erin Rindenau – completed 6 quilts.



UFO Challenge Updates continued

By Kathleen Quinn

I'd like to thank the following quilters for assisting me in making all of this happen:

Joanne Florence – President, let and encouraged me to take on this project.

Michelle Howe – providing all the tools I needed to get the UFO challenge up and running.

Nancy Mueller – Co-Chair, made the ribbons and poster. She also attended the meetings to measure and hand out tickets.

Emily Peer – assisted wherever needed, including making the ribbons and filling in measuring quilts.

Trudy Cleveland – the current year's President, provided support and asked if I needed anything to include on the agenda.

YOU'RE THE BEST!



The next **UFO Sign Ups** will take place in June 2025. I recommend starting a list of all your UFOs and selecting 5 to work on for **2025-2026** period. Additionally, I will be seeking a Co-Chair to assist with this effort. It's a fantastic opportunity to make new friends in the guild.

Thanks,
Co-Chairs Kathleen Quinn & Nancy Mueller

Last Meeting's Highlights

Very Important Quilter Award

By Joanne Florence

To recognize extraordinary service by a Guild member, Flying Geese Quilters Guild created the **Very Important Quilter [VIQ] award**. This unique distinction honors a Guild member who has contributed beyond expectations. She is that person who goes "the extra mile" in her support of our Guild.



This year's winner is **Sue Watkins**. She has held many positions in the Guild, including Membership, Show and Tell, Quilt Show Committee, Monthly Creation, The Big Auction Committee, and Little Red Hen. She is reliable, and never asks for credit for all of the work she does, she just does it. She is a member of Calendar Girls Friendship Group, and Mod Podge Friendship Group.

Congratulations Sue!!

Monthly Creation

By Diane Jardon

Darla Cox was April's lucky winner and she got to take home a wonderful tote bag made by Lori Maze with French General fabrics.

For May's Monthly Creation, **Michelle Howe** has donated a beautiful 10" X 20" wool felt table mat. 'Such fine workmanship' ... you'll have to see this one in person!

I look forward to seeing you at the May meeting and perhaps you can be featured in our next newsletter as a lucky winner!



Last Meeting's Highlights

Zoom Update

By Eileen Wintemute



We had 15 Zoom participants at the April Guild meeting. We were pleased that our microphone system continued to work well, even when it was much further away from the podium. During the break, we did a walkabout to show Zoom attendees close-up views of the speaker's quilts.

Zoom was also used for the weekly Monday morning stitchers and the Board meeting.

2025 Flying Geese Opportunity Quilt

By Sue Glass



This is just a gentle reminder to those working on either the applique or pieced blocks that **all blocks are due to me no later than the May 13 guild meeting**. I will be happy to take them at the April retreat in Temecula as well, or you can mail them to me. My address is in the membership book.

Please let me know as soon as possible if you have questions or find you are unable to finish your block.

Sue Glass

May Birthdays

Happy Birthday to our May Flying Geese!



Lenet Derksen
Joanne Florence
Cindy Hinds
Michelle Howe
Rose Hughes
Jan Kirby
Sharon Ludwig
Judy Maxwell

Beverly Peters
Kathleen Quinn
Alice Sering
Gale Slagle
Jane St. Pierre
Diana Thompson
Joan Tilley

We hope your special day is wonderful & full of joy!

New Members



Please welcome our newest members

Sonia Nelson
Cheri Carey-Whitman

April Meeting Attendance

Members	74
Guests	6
Zoom	15
Total	95

Show and Tell

Tom Stevens was intent on finishing his quilt, “Plumeria”. Many members attended the workshop focused on Joanna Figueroa’s pattern. Swoosh was the quilting pattern Tom chose to put the finishing touches on his quilt.



The second quilt that Tom shared with us was a Study in Custom Quilting. He took a class to learn about custom placement using his long arm quilting machine, Innova. Looks like a successful class!

Gretta Gunther quilted her last UFO which she started in 2019. Noah’s Journey was a block-of-the-month project from Crabapple Hill Studio. Blocks were pieced, colored or hand embroidered.



Show and Tell



Nancy Mueller proudly showed her beautiful red and white log cabin quilt, Sweet 16. This is her second log cabin quilt as she really enjoys this pattern. She bought this Edyta Sitar kit from Shabby Fabrics.

Anna Lee made this very large, colorful quilt for her cousin who is a great friend. The numerous fabrics she chose depict the many interests of her cousin. These interests include photography, cycling and being a chef.



Gail Larderuccio showed her blue and gold quilt which was made mostly from fabrics purchased at the Little Red Hen in 2022. Congratulations, Gail! This bright quilt is aptly named America the Beautiful!

Show and Tell

Rae Lynn Nelson participated in the Guild workshop with Anna Maria Horner last June. She completed her project using colorful fabrics from her stash.



Diane Searer is working on the binding on this pink quilt top which she bought at the Little Red Hen. The colorful motifs were fused so Diane decided to do a buttonhole stitch around each one. She was especially happy with the backing fabric she chose.

Diane's second quilt is made from three yards of fabric which she had in her stash. The fabric filled with daisies led to the name of the quilt, Daisy. The pattern, Stepping Stones, is from Fabric Café. Diane likes this pattern so she is making a second quilt with her daisy fabric with plans to donate it to the auction.



Show and Tell

Barbara Kerns started her Hungry Caterpillar quilt several years ago for one of her grandchildren. They all got too old for it before she could finish quilting it so she put it away. Now she wants to finish it and donate it to the auction. She is looking for a volunteer to finish quilting it on a domestic sewing machine.



Judi Karabelnik made two large, colorful quilts from scraps. She said, “It is the quilt that never ends. When you finish one you end up with fabric for the beginning of the next quilt.” What wonders you do with scraps! Beautiful!

Virtual Sew-Ins Via Zoom

By Mary Howland

Flying Geese Quilt Guild continues to have “sew-in” Zoom meetings. Members sign on for whatever length of time their schedules allow. We sew, iron, and chat while we get to know each other.

We ask questions and often another quilter has an answer. We share about new tools/gadgets we just had to buy. Of course, we show our fabric purchases, too. It’s really a fun-filled time. **Please join us. We’d love to see you!** If you have questions, please call/email Mary Howland. She will host these meetings.

Mondays from 9 a.m. - 12 noon:

April 1, 8, 15, 22, & 29

May 6, 13, 20, 27

June 3, 10, 17, & 24

Fridays from 5 p.m. – 9 p.m.

April 12 & 26

May 10 & 24

June 14, 28

Flying Geese Auction

By Kathy Keefer

SAVE THE DATE

Mark your calendar for **Saturday, September 28, 2024**, for our famous **Flying Geese Quilters Guild Auction** at the Miller Community Center in Tustin. Please reserve the date and consider how you would like to participate. This is the time when we auction off the best quilts that we are willing to part with for the guild’s last fundraising event of the year. [More news at the May guild meeting.](#)

Kathy Keefer, 2024 Auction Chair



Philanthropy

By Mary Howland



Happy Spring to All,

After guild functions such as Little Red Hen or the quilt show, or even just a guild meeting, I marvel at the commitments made by our members. I wonder how much time did this member spend working on their project at home?

We all have various skills and enjoy doing some things more than others. Each member's contribution is essential to our guild and enables us to be a vital organization for both our members and the community. With this in mind, I decided to approach one or two members as to why they participate in philanthropy.

Here are two responses: keep in mind what I've written is my recollection of what I heard and may not be exactly what the members said.

One person who is not a long-time member told me she did some research and saw that FGQG does a lot of philanthropy so decided to join. Each month this member collects a large assortment of items to sew during the coming month. She returns the next month with all these items finished. She told me she does this as it's a way to give back and it's something she enjoys doing. Numerous times I have been at the philanthropy table when she unpacks a bag filled with quilt tops, burpies, placemats, pillowcases, and flannel blankets. Then she'll start at one end of the table and collect a new bag full of items to take home and sew.

Another person told me she wanted to participate in an active way when she joined the guild. As she didn't know anyone in the guild, she chose to become active in philanthropy as she enjoyed sewing for others. Also, she would be seeing some of the same people each month and would get to know them. I know her dedication to philanthropy and have seen her branch out to other parts of the guild to share her time, talent, and skills.

So now let's see what has been sewn, quilted, and distributed to various organizations in the past two months. These totals don't include miscellaneous items like flannel blankets, crocheted blankets, and bibs.

Quilts	101	Pillowcases	22
Placemats	55	Burpies	58

Please stand up and clap, **give yourselves a round of applause** - that's many hours of love you're sharing with the community. **Thank you!**

Our next sewing day will be on Wednesday, May 15th at Orange Quilt Bee from 10a - 2p. Drop by and sew with us or pick up items to sew at home. We are in need of lap sized quilt tops.

So that's all for this month. **Thank you for everything you do for philanthropy and for the guild!**

Mary Howland

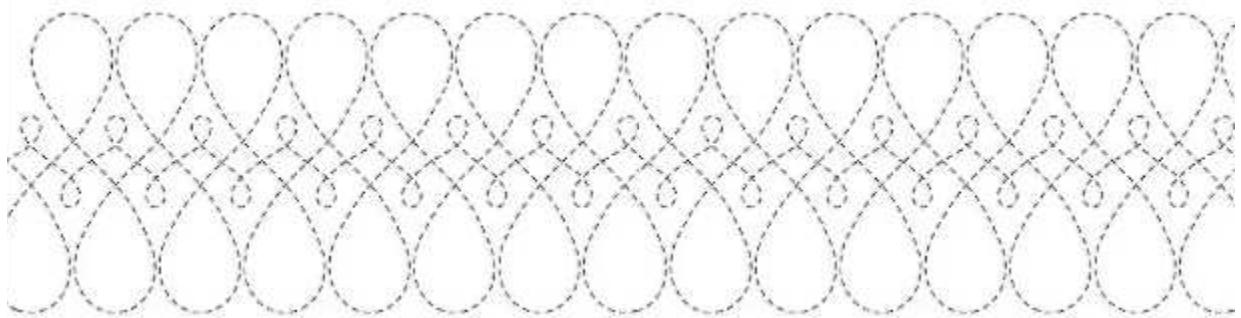
Philanthropy—Some of the Beautiful Items Donated This Month



Philanthropy—Some of the Beautiful Items Donated This Month



Philanthropy—Some of the Beautiful Items Donated This Month



Quilty Happenings



Over 150 Quilts on Exhibit
Opportunity Quilt Drawing
Raffle Baskets
Boutique & Vendors
Auction Saturday 2:00pm

Quilt Show

April 26 - 27, 2024
Friday 5:30pm — 8pm
Fundraiser Preview \$25
(includes access to Saturday Event,
Wine Pull, Appetizers & More!)
Saturday 10am — 5pm
General Admission \$10



For more information:
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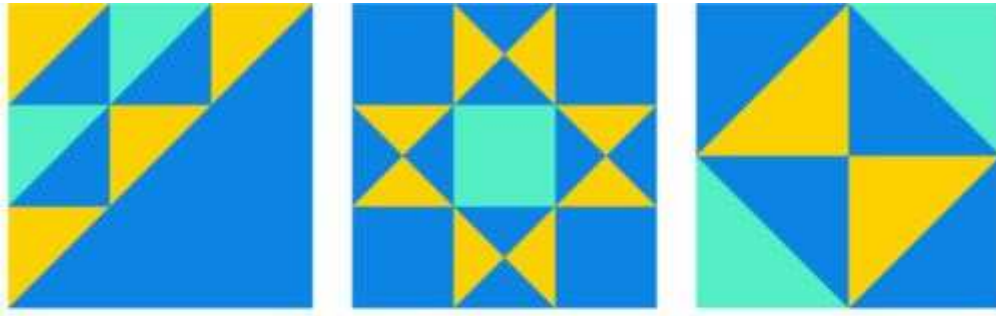
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Website:
<https://quiltshopsofthecentralcoast.com>

May—June 2024 Shop Tour Events
May 1, May 31 - June 2

Our Next Meeting

Monday, May 13, 2024

Doors open: 6:30 PM
In Person and via Zoom

Meeting Location:

Rancho San Joaquin Middle School
4861 Michelson Drive
Irvine

Please Note: School rules allow only bottled water in the Multi-purpose room. Food and other drinks are not allowed.

Covid 19 Precautions: The guild will be following the guidelines set up by the school district and in accordance with the local and state government. We will not be checking for your immunization record at this time. You are on the honor system.

Please be kind to those sensitive to perfumes, and refrain from wearing your fragrances to the Guild meeting.

Come to the meeting
Check in at the Membership Desk
Wear your Name Tag
Introduce yourself to someone new
Carpool with a buddy
Bring Show & Tell projects to share
Sign up for a Workshop
Volunteer

Flying Geese Quilters Guild is a non-profit 501(c)3 organization dedicated to promoting the art of quilting. Goose Tracks is a monthly publication of the Flying Geese Quilters Guild. Deadline for newsletter submission is Friday after the second Monday of each month. Articles in the newsletter may be reprinted if proper credit is given. Copyrighted artwork may not be reprinted without the permission of the artist. Website: <http://www.flying-geese.org/>.