Minnesota Quilters Meetings
Thursday, March 7, 7 pm
Saturday, March 9, 10 am

March Meetings and February Rewind

Diane Rose, Sharyn Resvick, ed@mnquilt.org

I have learned one thing about winter living in Minnesota—plans can change, and we need to be flexible. Our February meetings and workshop are classic examples. Due to the snow and extreme cold, the board members decided it was safest to cancel the Thursday evening meeting as well as Sharyn Resvick's Invisible Machine Appliqué workshop on Friday.

It was still cold on Saturday, but the parking lot was plowed and the brave souls who ventured to the meeting were treated to the first part of Sharyn's Threads of Time lecture. She will give the second part of the lecture March 7 during the Thursday evening meeting.

The Invisible Machine Appliqué workshop will now be on Friday, March 8.

Thanks, everyone, for being flexible.

March is Women's History month. To celebrate, on Saturday, March 9, Laura Nagel will present Quilting for the Cause. Throughout the nineteenth century women pried their needles to express their political opinions, raise funds and bring about social change. Using her collection of antique quilts and tops, Laura will share the "herstories" of women's impact on the American scene.

We celebrate the 100th anniversary of the ratification of the 19th Amendment for women's suffrage. This will give us a better understanding of what our foremothers accomplished as they pursued their right to vote.

April Preview

Kim Lapacek will present two lectures on Wildly Careening into Quilts and Accidentally on Purpose, Writing a book, or Not. She will also teach a workshop on Friday, April 5, featuring her fantastic quilt Dresden Neighborhood. More fun.

Spring Getaway Retreat

The Spring Getaway at Camp Wapo in Amery, Wisconsin, will be March 24 through 27. Enjoy the company of other MQ members while you work on your projects, and relax away from home.

Quilt Show Dates and deadlines

Registration is open to both members and non-members at mnquilt.org, click on Show, 2019 Show, Show Registration, and follow online instructions

April 17 – Deadline for entering Judged, Non-Judged and Challenge quilts, 2 pm
May 30 – Registration ends 2 pm
June 12 – Classes begin, Sneak Peek 6 pm
June 13-15 – Show floor opens 9 am
June 14 – MQ Business Meeting noon, Meet the Teachers 5:30, Grand Banquet 6:30
June 15 – Show ends 4 pm, Take-down begins.
**Upcoming Events**

**March 7 and 9, Member meetings**

**March 8, Invisible Machine Appliqué Workshop**, Recovery Church, 9 am-4 pm

**March 18, Quilting for Others Sew Day**, Millie P’s, 9 am-3 pm

**March 18, Long Range Program Planning**, 6 pm

**March 24—27, MQ Spring Getaway**, Lake Wapogasset, Amery, Wisconsin

**March 26, Finance and Board Meeting**, 5 pm

**April 4 and 6, Member meetings**

**April 15, Quilting for Others Sew Day**, Millie P’s, 9 am –3 pm

**June 13-15, 2019, MQ 41st Annual Quilt Show and Conference, Rochester**

More calendar information available on the MQ website: http://www.mnquilt.org/meetings.html

Directions and map to our meetings on the MQ website: http://www.mnquilt.org/location.html

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**Deadline for April Newsletter:** Tuesday, March 12. Please send newsletter articles to editor@mnquilt.org. *Later submissions may be saved for the following month’s newsletter.* The newsletter deadline is Tuesday after the Saturday meeting.

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**President’s Greeting**

Elise Frederick, president@mnquilt.org

Minnesota Quilters has undergone staff and board of director changes in the months of January and February. Renae Shields, Minnesota Quilters bookkeeper since January 2017, resigned in January. Valerie Mendoza, MQ Show Director, will be out of the office on medical leave for an extended time. To fill the staffing shortfalls, Linda Wines, co-President Elect, resigned from the board and was hired as Interim Show Director and Interim Bookkeeper while the board pursues a longer-term staffing solution.

Minnesota Quilters has a tradition of presenting our president with “thank you” blocks for the year in term. Elise would like poppy or violet flower blocks. The size can be 6” or 9” finished. Past president, Adrianne Lemberg, would appreciate cowboy boot blocks to commemorate her year as president. Finished cowboy-boot blocks can be 3 inches, 6 inches or 9 inches in size.

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**MQ 2019 President’s Challenge – Creativity on Edge**

The president’s challenge for the 2019 show is to creatively bind a baby quilt approximately 36” by 36” up to 45” by 45”. Quilt design is your choice.

Quilts will be donated to organizations serving families in need. Please bring your baby quilt to any MQ meeting or to the show in Rochester. Each quilt will receive a Minnesota Quilter’s identification label to recognize MQ’s donation.

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**MQ Event Cancellation Notification Policy**

In the case of inclement weather or other situation that may cause a cancellation of an MQ monthly membership meeting or sponsored event, the following will occur:

- A posting will be made on the MQ website and on Facebook
- A recorded message will be on the MQ office phone
- An email blast will be sent to all members
- Time-permitting, KSTP TV and WCCO TV and radio stations will be contacted
- If a cancellation is pending; the MQ website will indicate at what time a decision will be made/posted

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**Minnesota Quilters Vision Statement**

Minnesota Quilters will be a state-wide leader in providing creative quilting education, activities, and mentoring through a welcoming multi-generational community of quilters with various skills and abilities.

Adopted by Minnesota Quilters at the February 2018 board meeting.
Candidates Needed for MQ Board

Adrianne Lemberg, nomcom@mnquilt.org or pastpres@mnquilt.org

Are you a person who likes to be “in the know” and part of the decision-making process? Do you have thoughts about the future of Minnesota Quilters, Inc.? If so, becoming part of the Minnesota Quilters board may be for you. MQ is a large organization and much needs to happen behind the scenes to keep it functioning effectively.

Board meetings are held in the evening once a month. Several MQ board positions are open for the 2019-2020 year which begins October 1, 2019, and runs through September 30, 2020.

Candidates must be MQ members in good standing and comfortable fulfilling the duties of the office. Find brief outlines for each office below, but please consult the website for the detailed job descriptions. Click on http://www.mnquilt.org/mqboard/index.html.

President-Elect – Three-year commitment beginning October 2019 – first year president-elect, second year president, third year past president. This position may be a shared position. The President-Elect assists the President and oversees the Scholarship and Grant programs. The President-Elect is a member of the Long-Range Program Planning (LRPP) and Finance Committees.

Secretary – Two-year term beginning October 2019. The Secretary records the minutes at the board meetings and provides the final copy for MQ’s records and posting on MQ’s website. The secretary writes a monthly article summarizing the board meeting for the newsletter.

Co-Education Director – Two-year term beginning October 2019. This is a shared position with continuing Director Sharyn Resvick. Education Directors organize monthly meetings and arrange for lectures and workshops. They are members of the Long-Range Program Planning (LRPP) committee. Education Directors oversee committees for the Holiday Brunch, Fall Getaway, In-town Retreats, etc. and write newsletter articles to inform membership of events each month.

Co-Operations Director – Two-year term beginning October 2019. This is a shared position with continuing Director Kathie Simon Frank. Operations oversees building and office management, insurance, MQ equipment and leases. Operations Directors are members of Finance Committee.

Co-Communications Director – Two-year term beginning October 2019. This is a shared position with continuing Director Peggy Stockwell. Duties include overseeing the website, social media, newsletter, photography, state fair communication and technology.

Co-Membership Director – Two-year term beginning October 2019. This is a shared position with continuing Director Donna Rockette. Membership Directors oversee all aspects of our membership including planning activities to recruit members and the Outstanding Volunteer program.

Interested? Don’t wait. Candidate names are presented at the May meetings. Voting is done in June. Talk to any Minnesota Quilters board member or e-mail your name, phone number, e-mail and indicate the position in which you are interested to pastpres@mnquilt.org or nomcom@mnquilt.org. A member of the Nominating Committee will call you.

Help celebrate Textile Center’s 25th birthday

Peggy Stockwell, comm@mnquilt.org

Fiber-related guilds of all kinds are fortunate to have had Textile Center looking out for the greater interest of our large and well-recognized Minnesota fiber community for 25 years. Textile Center will celebrate this birthday on April first with daylong events at its center in southeast Minneapolis, 3000 University SE.

Be part of the celebration at an open house from 11 am to 3 pm, with a program at 12:30 pm. All members of Textile Center member guilds are invited. Textile Center says, “Members have always been at the heart of Textile Center. To mark this special day, please “wrap” yourself in a scarf for the open house, because you are our gift. Let’s celebrate textile art in all its forms.”

Member guilds are invited to participate in the festivities by donating a special birthday card, creating a table-top display representing the guild, and submitting a social media happy birthday message. Minnesota Quilters will contribute to these efforts.

If you are interested in helping Minnesota Quilters design their contribution to Textile Center’s birthday celebration, please drop a note to board@mnquilt.org and put Textile Center Birthday in the subject line. Give us your name and contact information. We’ll form a working committee to put our minds and hands to the task of creating Minnesota Quilters’ presence at the party.

Also mark your calendar for Textile Center’s gala that’s being planned for Monday, October 21, with details to be forthcoming.
September Schoolhouse Meeting

Diane Rose, Sharyn Resvick, ed@mnquilt.org

It may seem a long way off, but we are already looking ahead to our annual Schoolhouse meetings in September. MQ is a group of very talented quilters with varied interests. If you would be willing to do a ten-minute demonstration, multiple times, of a handy tip or your unique way of doing something at Schoolhouse, please let us know. E-mail ed@mnquilt.org or talk to one of us at the meetings.

Show Committee Help

Lou Roos, Jill Schultz, mq2019@mnquilt.org
Merle Pratt, Pam Geerdes, showvolunteers@mnquilt.org

At this time we have only one chair for Admissions, and we would love to have you join our great committee as a co-chair for Admissions. Interested? Contact us at mq2019@mnquilt.org and copy showdirector@mnquilt.org to join the committee or ask questions.

Volunteer Corner

Nancy Hall, Loretta Stone, Mary Tague
Volunteer Coordinators, volunteer@mnquilt.org

Our volunteers are wonderful, and they have a good time. Please join us if you can. Thanks to all of you who volunteered this past month. We ask that all volunteers continue to record their hours on the white slips at the meetings. Not only do you get a chance to win a door prize, but at the end of the fiscal year we give the volunteer hour totals to the bookkeeper for record-keeping. Members volunteered 596 hours for the first quarter of 2019. Congratulations! (Our fiscal year began October 1, 2018.)

If you are interested in the following currently available positions or have questions, e-mail us or talk to us at the meetings.

Business Member Coordinator: This coordinator contacts quilting-related businesses inviting them to become business members of Minnesota Quilters. This is a nice opportunity to visit quilts shops. Invite a friend to join you for the fun of going together. Contact Mary Tague at tague5@yahoo.com for information.

Meeting Co-Coordinator Evening: This person will work with Kate Jones when she is not able to be at the meeting. If you are interested, see us at the membership table next month.

Let us know if you would like to help MQ in any other way; we would love to find a way for you to become involved in MQ. Thank you also to the members who are keeping their positions for another year.

Reminder for members to occasionally bring a treat for the evening or day meeting they attend. Thanks.

Bulletin Board

March 16, Quilt Dreamers 26th annual quilt show, noon to 4 pm, Burnhaven Library, 1101 County Road 42 W, Burnsville. Traditionally held on the third Saturday in March, National Quilting Day. Quilters from the south metro use their skills to make quilts and related items for people in crisis situations throughout our communities, such as 360 Communities, Lewis House, Dakota Woodlands, CAP Agency, Dakota County Foster Care and area hospitals. A public silent auction raises funds for batting and fabric used to make Children-in-Crisis quilts. Free admission.


May 3-4, Maple Grove Quilters Friends of a Feather Quilt Together show, Friday 10 am to 7 pm, Saturday 9 am to 4 pm, Maple Grove Community Center, 12951 Weaver Lake Road, Maple Grove. Quilts, demos, vendors, challenge quilts, raffle quilts—$1 tickets. $5 admission.

June 21-22, Pinetree Patchworkers Quilt Club Naturally Nature quilt show, 10 am to 4 pm, Brainerd Curling Club, 2000 SE 13th Street, Brainerd, Minnesota 56401. Member quilts, Cherrywood Prince quilts, vendors, boutique, Quilt on a Stick challenge quilts, silent auction (proceeds going Lakeland Public TV, refreshments, quilt scavenger hunt and two lap-sized raffle quilts members. Raffle tickets $2 each or six for $10, need not be present to win. Contact: Carol Lang at tclang@q.com. $5 admission.
March Block of the Month  
Rain Boot  
12½” block, unfinished  

Personalize and decorate this boot in lots of fun ways! Ahh, the warm rains of spring sure seem appealing compared to the cold and ice we have as this article is being written.

**Fabrics:** Choose a cheerful spring-like fabric (flowers, leaves, dots in flower-colors, any bright pattern) for the boot, a contrasting color for the boot trim, a dark contrasting color for the sole and buckle, and anything light and rainy-looking for the background. Consider a fabric that is reminiscent of rain: a light grey tone-on-tone, very light blue texture, light grey or pale blue batik.

**Cutting:** Measurements are given as width by height in case your fabric is directional.

- Boot fabric:
  - A: 5½” x 2½”
  - B: 5½” x 5”
  - C: 8½” x 2
  - D: 1½” square

- Contrast band:
  - E: Two 2” squares

- Sole and Buckle:
  - F: 2½” x 2”
  - G: 8½” x 2”

- Background:
  - H: Two 1½” squares
  - I: 3½” x 8½”
  - J: 8½” x 1½”
  - K: Two 2½” x 12½” strips

**Assembly:**

1. Sew one E to each side of F. Press seams toward the dark. Set aside.
2. Sew D to lower right corner of I diagonally from upper right to lower left. Trim corner triangle leaving ¼” seam. Press D to fill the lower right corner of I. Likewise, sew one H to lower right corner of G. Trim corner triangle leaving ¼” seam. Press H to fill the lower right corner of G. Finally, sew second H to upper left corner of C. Trim corner triangle leaving ¼” seam. Press H to fill the upper left corner of C. Set these three pieces aside.
3. Join EFE to A. Press toward A.
4. Add B to bottom of A/EFE. Press seam toward B. This piece should measure 5½” by 8½”.
5. Sew I/D piece to left side of A E/F/E B. Press seam toward boot. This piece should measure 8½” by 8½”. Set aside.
6. Sew G/H to C, then add J to G/H at the bottom. Press seams toward darker fabric. This should measure 4½” by 12½”.
7. Sew the boot/sole/background section to the boot top. Press seam toward C. This section should measure 8½” by 12½”.
8. Finish by adding one K to each side of the boot section. Press seams toward K. Finished block should measure 12½” square.

We hope you’re having fun making this calendar sampler. So far you have September—First Essays  
October—Halloween Double Windmill  
November—Cornucopia  
January—Seasons of Trees  
February—Cupid’s Arrows  
March—March Winds  
April—Rain Boots  
We’re more than half-way there, and we’re having fun planning these blocks for you.

**BOM GUIDELINES:** Make one, two, or three blocks for our monthly drawing. Please attach a return-address label or paper to the back of your entry showing your name, address, and phone number. You may include leftover scraps with your block (pinned to the back or in an attached baggie) for the winner to use in a border or for other finishing touches. If you cannot bring the blocks to the meeting, mail them to the MQ office. Please allow adequate time for them to arrive before Saturday’s meeting. Mail to: Block of the Month, Minnesota Quilters, Inc. 253 State Street, St. Paul, MN 55107. We’ll draw for the blocks at each Saturday meeting except June and December. Winners will be notified by phone if not present. Winning blocks may be picked up during the month at the MQ office or claimed at the next meeting.
Quilting for Others     Diane Rose, Sharyn Resvick, ed@mnquilt.org, Sharon Peterson, qfo@mnquilt.org

As always, many thanks to the quilters who come to our Quilting for Others sew days, as well as those who piece and quilt our tops at home. You are so generous with your time, talent and resources. Upcoming sew days are March 18 and April 15 at Millie P's retreat center in Anoka from 9 am to 3 pm. Join us if you can.

Please remember to bring the UPC codes from bags of Hobbs batting to the meetings and give them to either Diane Rose or Sharyn Resvick. We use them to purchase greatly discounted batting for our Quilting for Others quilts.

A temperature of four degrees at 9 am did not stop a bunch of hardy Minnesnowta Quilters from a Quilting For Others Sewing Day at Pearl & Myrtles Retreat Center in Anoka on January 21. Thank you, Becky Carlson of Millie P's Quilt Shop, for providing the space for Minnesota Quilters.

Sixteen Minnesnowta Quilters were busy on this cold January morning. By noon there were seven completed quilt tops. Three of the tops are twin- and four of the tops are baby-quilt sized. When the quilts are completed, the twin-sized ones will be donated to Tubman, and the baby quilts will be donated to Minnesota Visiting Nurses Association.

Disclaimer – the Quilting For Others Sewing Day is not a sweatshop.

Treadle Sewing Machine for Silent Auction at March Meetings

Lucky us! A generous donor gave us a White Rotary U.S.A. treadle sewing machine in an ornate solid wood cabinet. We will auction it to an interested sewer or collector. This machine, dated approximately 1913 or 1914 (Serial Number FR2238524), needs its belt replaced, but it appears to be in workable condition otherwise. The bobbin is intact. We will thread the machine so you can try it manually. See it at the March MQ meetings on Thursday the 7th or Saturday the 9th.

We will collect silent auction bids starting at $100 at each meeting. The highest bidder over the minimum takes home the machine. We have a manual online that will be available as well. Even if you don't intend to use this machine for sewing, consider what a beautiful addition it would be to a sewing machine collection.

White sewing machines were made beginning in the middle 1800's and continue to be available today. They are considered second only to Singer sewing machines.
Global Inspirations Challenge  

MQ celebrates Global Inspiration at the Rochester show, and it is time to enter your challenge quilts. You can enter your quilt until April 17th at 2 pm. Entry is online only, and there is no additional fee for entry. Quilters, if you know someone who wants to enter a quilt but isn’t computer savvy or who doesn’t have access to a computer, please reach out and help that person. If you are unable to enter online, please contact quiltentryhelp@mnquilt.org.

Your quilt does not need to be finished to be entered. If the top is done and can be photographed, if you have an idea of the size, and if you know your textiles, you can enter your quilt. It does need to be completed before it is brought for the show.

Please catch the thrilling inspiration you had when you first saw the glorious Cherrywood fabrics; that click of pairing a fabric from your stash that you thought you would never use; the gotcha of finding a great embellishment, and make your Global Inspiration Challenge quilts a reality.

Small Quilt Auction  

When you submit a small quilt for the small quilt auction, your name is entered into a drawing for a prize. There will be two drawings for March, April and May. The names of persons submitting entries on Thursday evening and persons submitting on Saturday morning will be included for the two drawings which will be held at the Saturday meetings. We have 28 entries thus far. These names will be added to the March drawing. Thank you.

2019 Quilt Show Registration  

Register now. Registration for the 41st Annual Quilt Show and Conference is in full swing. The registration is now open for everyone. It opened February 1 for non-members. A number of classes were full before February 1. At this time the Wednesday–Thursday Animal Portraits class with Barbara Yates Beasley is full. Some spots remain in the Friday–Saturday class. Bonnie Hunter, Mike Ellingsen, and Gudrun Erla also have classes that are full. A number of classes are 75% filled. The earlier you register for classes, the more likely you are to get into the ones you want. If you are on a waitlist, you are not signed up for the class unless you hear from us.

Online registration (www.mnquilt.org/mq2019) is in real time so you will know immediately whether or not you are registered for your selected classes. Prices for class sessions, lectures, events and merchandise will calculate automatically as you add items. You will see the total and be able to make changes before you finalize and pay.

You can make online changes to your registration until May 30 at 2 pm. You will need the confirmation number from the confirmation receipt that was e-mailed to you. For changes after May 30, you need to contact us at registration@mnquilt.org. We are unable to accept verbal changes or phone messages simply because it is too easy to mishear the instructions. When a change is written, we will know exactly what to do.

Remember, MQ offers cancellation insurance to protect you from life’s surprises. If you purchase this insurance for $20 when you register, you will receive a 100% refund for classes, lectures, and special events if you cancel by May 30 at 2 pm. Please contact us to cancel or transfer your registration at registration@mnquilt.org. Cancellation insurance does not cover the registration fee or the insurance fee itself.

Show Committee Members  

Thank you to the following members who volunteer their expertise, time and energy to make the show happen.

Show Director: Valerie Mendoza, Interim Linda Wines  
Show Co-coordinators: Lou Roos, Jill Schultz  
Admissions: Joanne Kirby  
Banquet: Jeanne LaMoore, Wynn Martin  
Bus Tours: Leslie Hall Margaret Lundberg  
2020 Challenge: Annemarie Yohnk  
Deb Burk  
2019 Challenge: Jude Edling  
Local Events: Rosie Campbell, Sherry Whalen  
Door Prizes: Linda Huntzicker, Sharon Peterson  
Faculty: Cheryl Plourde  
Information: Betty Knosalla  
Judged: Mary Nelson, Karen Kooda  
Exhibit Logistics: Sue Rutford  
Merchandise: Mary Wellman, Pat Basch  
Non-Judged: Judy Frandson, Jill Brandt  
Photography: Peggy Stockwell, Elise Fredrickson  
PowerPoint: Debra Svedberg  
Printing: Karen Knoll, Janet Watt  
Quilting for Others: Kathy Gaines, Paula Triebenbach  
Registration: Char Hansen, Jan Schmidt  
Secretary: Kathie Simon  
Frank: Beth Flaherty  
Signage: Rita Culshaw, Mary Ann Baraiba  
Small Quilt Auction: Ann Brenke  
Linda Lundin  
Special Exhibits: Deb Kjelland, Sue Chad  
Vendors: Rodell Benjamin, RoxAnn Strand  
Volunteers: Pam Geerdes, Merle Pratt  
Website: Linda Wines, Pat Curtner  
Youth Quilts: Kim Andrews, Paulette Marini
Show and Tell —February

Thank you to Carrie D’Andrea for photos at the February Saturday meeting. Be sure to write legibly and note whether you want your item pictured in the newsletter. Please describe your quilt so it can be identified from the photo; the name of the quilt usually does not identify it.

Anne Tiller—two quilts
April Lauer

Jeannie Spears

Kathie Simon Frank
Leah Doherty—two quilts

Mary Ann Baraibar
Patty Arensen

Mimie Pollard
Holiday Brunch 2019 Challenge

Rhende Hagemeister, rhensnestquilts@aol.com

The challenge for the holiday brunch is to make Joyful placemats. Make one or more placemats using the fabrics given at the 2018 holiday brunch. Use the fabric you were given to determine the theme or design of your placemat. It does not have to be a holiday-themed placemat. You can add your own fabric up to 50% on each side.

Two examples of placemat patterns are on the MQ website, and the measurements of those two styles are 15" by 18" and 12" by 18".

Placemats will be donated to the Meals on Wheels organizations through our Quilting for Others committee. You will be eligible for prizes based on the number of placemats you donate. What you create will bring joy to the receiver, and we hope to you as well. Joyful quilting!

Hints and Tips and Problems

Do you have a time-saving or easier way to do something while sewing? Please send in your hints and tips for everyone to learn. If you have a problem, send that in also; surely someone else will know how to approach solving it. Write to editor@mnquilt.org.

Rose Allen tapes a small piece of batting to her machine head to collect loose threads. Debra Svedberg uses batting scraps to clean her cutting matt of those tiny dusty threads from squaring up blocks.

Debra also recommends putting luggage tags on important items you don’t want to leave at retreat. People bring lost items to the MQ office, and there is rarely a name on them for her to call so the person can claim the items.
Now that I’m into the New Year and have made my obligatory resolutions—both realistic and not so much—it’s time to think about how I really live and get through the day. I was reading the latest magazine covers in line at the grocery checkout and realized that my life was just not measuring up to today’s expectations. There are so many lifestyle options to pursue, from health to organizing, parenting to retirement, and work to leisure.

Here were some of the life-enhancing possibilities: I could get high from working out according to Shape, although Women’s Health thought I might want to Perk Up My Butt, and Vogue suggested there was A Woman We All Want to Be. Women’s Weekly boasted Clutter Fixes for Any Room, Eat Well went so far as to brag about Desserts Without Chocolate, and Fine Cooking explained How to Throw a Vegetarian Feast. I ask you, where is the comfort food when you need it?

O said Happy Clothes are Here Again which makes me wonder what I should do with all of my sad clothes. Digital Parenting explained what it means to be an Over-Sharent Parent and ever-helpful AARP offered New Hope for Aging Eyes. On a more serious note The Harvard Business Review admitted there is such a thing as Collaborative Overload but still advocates for balance in Work vs. Life. With so many choices, maybe the best thing I could do would be to chuck it all in as suggested by Town & Country’s Let’s All Just Move to New Zealand.

Finally the lady ahead of me was bagging her groceries and it was my turn. As the cashier scanned my items, I thought it might be easier to eliminate some of the choices and see what could actually work from what’s left over. Most of the ideas expressed in these articles are not realistic or sustainable. If they were, the magazines would only need to publish one issue with their best advice and we could all live healthy, skinny and happily ever after.

While I pushed the cart to my car, one of my three-year-old grandson’s favorite expressions echoed in my head, “I don’t want to!” I couldn’t agree more. I don’t want to eat kale or eliminate all sugar. I don’t want to go to the health club five days a week. I don’t want to go to bed every night at the same time, and I certainly don’t want to give, donate, or throw away all of the things I have spent a lifetime accumulating.

Even though I need to exercise more, it’s not going to happen every day. Eating healthier is a great goal, but when I log my meals into the nutrition app, having gone over the day’s limit doesn’t stop me from eating dessert. I do make an effort to balance the have-to tasks of cleaning and cooking with recreational activities, but if I feel like quilting all day, then everyone will have to be happy with peanut butter and jelly sandwiches for dinner. As for aging gracefully, let’s just say I’m a work in progress (and sometimes denial).

I confess I have found no magic in the Kondo-inspired methods of tidying up. I am not going to precisely fold my underwear and socks, mainly because they are usually still in the clean laundry basket. But if you want to see my drawers of fat-quarters and shelves of one-yard-plus flat folds, they are a graduated color sight to behold. I can easily toss the clothes that don’t fit without even trying them on. Just checking the tag reminds me that my tush is not that size anymore (I guess I should have read that magazine article). Same can be said for my specialty cookware; am I ever going to make another soufflé or caramelize the top of a crème brûlée? Probably not. But can I weed out even one bit of fabric from my stash? Impossible, because seeing it does bring me joy every time I search for a certain color or find the perfect fabric to jump start a new project, or have that extra two inches that a friend needs. She knows I have it because we both bought it at the same shop.

So when my kids eventually go through my accumulated treasures they will have to understand that the things I kept over the years did bring me joy. If you asked me, I could tell you a story about each piece, like my grandmother’s little four-inch aluminum pan with a lid and cup for poaching one egg. Every time I see it, I picture her in the kitchen making her breakfast for one. Each of my keepsakes evokes a special memory or brings to mind a story—my story—the story I want to tell, and the story I will leave behind.

If I took you downstairs to my quilt room which has more fabric than I will ever be able to use, more patterns than I will get around to making, and probably more UFOs than I will ever have time to finish, I would tell you that it all still brings me joy. In fact, it’s overflowing with joy, and I bet your quilt space is, too.

~Diamond Sponsor~

Quilt Show Sponsors

are vitally important to the success of MQ shows. Here are the current Diamond sponsors. See page 11 for Gold and Silver sponsors. Thank them when you shop at their booths. Look for additional sponsors in the coming months.
In Search of … 2020 Mystery Quilt Proposal

MQ is putting out a call for mystery quilt proposals for our 2020 mystery quilt. Everyone is welcome to submit a proposal, business members included.

MQ mystery quilts have been a profitable fundraiser for MQ, not to mention lots of fun for those who participate. We’d like to continue this tradition. The quilt should be bed-sized, preferably with options for various sizes.

Here are a few musts as you consider making a proposal:

- You must have made the quilt. It’s a great way to work out the kinks in the pattern and instructions. The quilt has never been seen before by participating mystery quilters.
- The quilt uses a no-fail fabric selection. Basic machine piecing may extend to challenging piecing.
- Write detailed instructions with good sketches—about 10 steps to completion.
- Style of quilt is open, it need not be traditional. Preferably it has a striking pattern so quilters will want to join again next year.
- No applique, please.

Proposals need to reach MQ before September 30.


Thank you.
Still need a hotel for the Show & Conference in Rochester? Here’s another block we have:

Centerstone Plaza Hotel
All rooms for 1-2 people are $99/night.
Free shuttle to/from Mayo Civic Center 5:30 am to 10:00 PM
Free Parking
Complimentary breakfast buffet
www.soldiersfield.com
Rooms available Tuesday to Saturday
877-887-7776
401 6th St SW, Rochester

Ready to enter a quilt in the show? Start here:
https://cvent.me/aVQkE

Vintage Quilts For Sale: Sold together or separately,
  Pineapple Log Cabin, 70" x 61", Ca. 1900 (no later than 1916), Made in York County PA, Nicely quilted – good condition
  Red and white Friendship quilt, 86" x 89", Ca. 1890 (no later than 1900), Beautiful quilting – good condition. Probably a gift from a Dutch Reformed church congregation to the minister Samuel M. Roeder.
For further information: Cecily Perry perryc1@hotmail.com, Hesper KS
MQ News is the monthly newsletter for members of Minnesota Quilters, Inc., a nonprofit organization formed to find and unite quilters and quilt enthusiasts throughout the state of Minnesota and elsewhere. MQ News is published twelve times a year by Minnesota Quilters, Inc.

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The mission of Minnesota Quilters, Inc. is to further the preservation of quilting, to educate and to document the art and craft of quilting in Minnesota.

Established April, 1978.

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