



# Lick Skillet Quilt Guild Newsletter

## July 2015

### July Calendar

July 1—Canada Day

July 4—Independence Day

July 14—Bastille Day (France)

July is National Picnic Month,  
National Parks Month, and UV  
Safety Month

### July Birthdays

July 12—Shannon Howard

July 18—Deb Saska

July 18—Molly Steenberg

July 18— Jane Wilson

If we've missed your birthday,  
please email Angie Dempsey at  
[dempsey@charter.net](mailto:dempsey@charter.net) to update  
our roster.

National Parks Month—

Alabama has its share of National  
Park Service areas -

Horseshoe Bend was the battle-  
field that ended the Creek War.

Little River Canyon has beautiful  
vistas from the drive along the  
rim.

Russell Cave is an archeological  
site.

Plus we have great state parks  
like Cheaha near us. Enjoy a  
picnic in the great outdoors this  
summer (or indoors with the AC  
on) —just don't forget that sun-  
screen for UV Awareness  
Month!

### *Happy 4<sup>th</sup> of July!*

Here we are upon another birthday of our country! I wish all of you a safe and happy one. Be sure to take a moment to say a prayer of thanks for our freedom as well as a prayer to keep us safe at a time when there is so much uncertainty in our nation. I only wish that everyone in the nation could have the camaraderie that our guild family has! Wouldn't America be a great place? I am thankful for each and every one of you!

I am so excited about our classes on the 17<sup>th</sup> and 18<sup>th</sup> of this month with Nancy Mahoney. We have 2 seats open for Friday's Chocolate Caramel Star (feathered star) class, so if you or someone you know is interested in this class let me know as soon as possible. Have you had a chance to get your fabric and start pre-cutting it? If not, get busy so we can jump in and get started each day! The classes will be from 9:00 to 3:00 each day at the Friendship Community Center. We will have a sheet available at our meeting on the 13th for everyone registered to sign up for lunch items. This will help save time on our lunch break.

Also, we still have quite a few fidget quilts to do for our community service project. We will be scheduling dates to work together to get those finished so we can get them delivered to the nursing homes and have those we are making for the students with autism done for the beginning of the school year. We need **everyone** to please plan to help with these! We have a lot of fabric and fidget items we just need bodies!

We have a lot of other things planned for the rest of this year so I hope to see all of you involved!

I truly appreciate each and every one of you and all that you do for our guild and our community. Based on the emails and calls that I receive from around the area, word has really gotten out that our group is a caring bunch of quilters willing to help others without anything in return! I am thankful for each of you!

I look forward to seeing all of you on the 13<sup>th</sup>!

*Anita*



### *Coming Attractions -*

The Nancy Mahoney workshop will be July 17-18.

June program will be Tammy Silvers on "interrogating your quilt".

### **June Program**

Guest Tammy Silvers gave a combination trunk show and lecture on “Interrogating your Quilt”. She likened quilt planning to interrogating your teenager— who will you be with (which colors and which styles of fabric) and where you will be going (what the quilt is trying to say) or how will you get there (what pattern are you using?).

She showed off quilts that had a variety of colors, patterns, and messages. Some used the same pattern with different colors to show the power of color choice.



### **Fat Quarter**

Pat Horn won the fat quarters.

Remember you have to enter to win! Bring a fat quarter in a baggie with your name on it and take your chance at winning!

July fat quarter is Ruby & Delphiniums (Pink or Purple Batiks).

### **Mark your calendars....**

**The next Lick Skillet Quilt Show will be September 23-24, 2016 at the Oxford Civic Center. We will be setting up on the 22nd.**

**Start quilting now....**

### **Community Service Update**

This year’s project is Fidget Quilts for autistic children and those with Alzheimers. The small laptop (roughly 2 feet by 2 feet) quilts are quilt as you go with any many textures and touchables as you can include. Another sew day is being planned. Be there!

Anita has updated the website with instructions for the mystery quilt. If you missed a set or are getting a late start— look under member the member area to download. You too can solve the mystery!



***Welcome to our new members!***

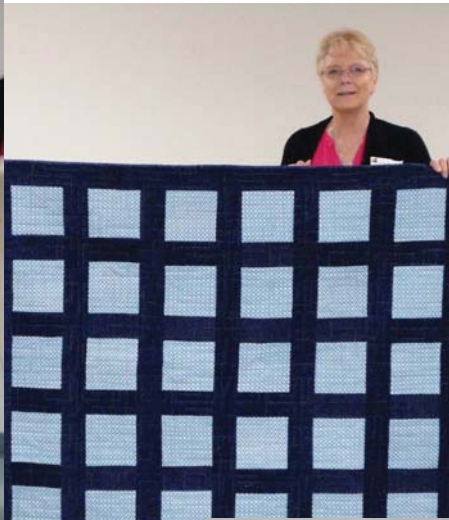
***Angela Scott, Vicki Morrison, Lynda Newman, and Jackie Fink joined Lick Skillet in June.***

***Jacie Schewanick visited.***

## *June Show and Tell*



Mary showing off a UFO completed.



Shawnee finished a lot this month— including a great t-shirt quilt. Jinnia's cardinal quilt sings!



Carole delights in her strip quilt.

## June Show and Tell



Pam shows off a lovely masculine quilt.

Mary has finished up a bunch of UFO's— including twin lap quilts.



# *June Show and Tell*



Fidget quilts by Pat and Bev.

Pat finished up her mother in law's quilt blocks to make a lovely quilt.

Molly's mini.

Jinnia's over the top bed quilt.



## **Education Corner**

*Many years ago, I bought a book that claimed that we needed to exercise our brains in order to live longer. They suggested challenges like brushing with the wrong hand or walking through the house in the dark. More on this later -*

Lately, I have seen a lot of tv shows about quilting where speakers talk about taking on a personal challenge to do one project a day for a period of time (usually ranging from a month to a year). This seems to be motivated by the idea that if they do something regularly, it will become a habit. (Studies say a habit only takes about 21 days to create.)

To my mind, many of the projects the speakers show off are far from impressive— not surprising as they typically have less than 3 hours of work in them. However, all of the quilters are claiming to have experienced **great benefits to their creativity.**

First, it is worth noting that any time that we challenge ourselves to do something and we stick to it and accomplish our goal, it is good for us. **Success breeds confidence.**

However, a specific aspect of this type of challenge is creativity. Pushing ourselves to be creative every day is healthy. Exercising our creativity is important—just like exercising our hearts to do good for others or our bodies to stay fit. Sometimes it is easy to forget this, even for quilters and crafters.

Some of the speakers noted that this was a great way to try new techniques. For example—rather than paper piecing a quilt, paper piece a single block, or do hand applique on a single block, or connect 7 hexagons using English paper piecing for a small block. No matter how intimidating the new technique, surely we can devote 3 hours to it.

For others, it was about diving into a different craft, or just trying to take a different approach to creativity. One woman talked about how she dealt with it when the power went out. She kept it up anyway- it was becoming a habit. No machine to sew with—no problem, she experimented with hand sewing.

***Make it a habit.*** That does seem to be the key here.

When we learn, our brains actually change physically. A habit of learning or creating is good for its health. This really gets back to the silly book that I had bought about exercising our brains. You see, for some folks, brushing their teeth with the wrong hand is about as creative as it gets. For us, trying a new technique or looking for new inspirations are much better approaches to exercising our brains.

So, my challenge to you— exercise your brain to live longer— give yourself your own crafting challenge. Do something—anything—every day for 30 days and then make it the pieces into a single cohesive unit to show off. I would, if I had time. LOL

***Mary***

P.S. You might just end up with a quilt show entry as a result of your experiment.

## ***Congratulations Lick Skillet!***

Most of you remember our 2014 opportunity quilt. If you remember, Anita won the quilt. She submitted the quilt in the Chapter Row category of the NQA Show in Little Rock, Arkansas. This category is for quilts that are made by the guild or chapter as a group, often as their raffle quilt, etc. Well, it got juried in for the judging and show and won 2nd place! What a surprise. Here is a picture of the ribbon winning quilt—



## **Recipe Time!**

### **Strawberry Pretzel Salad**

2 cups of crushed pretzels  
 3/4 cup melted butter  
 3 tablespoons sugar plus 3/4 cup of sugar  
 8-oz package of cream cheese  
 8 oz container of whipped topping  
 2 (3 oz) packages of strawberry gelatin dessert mix  
 2 cups boiling water  
 2 (10 oz) packages of frozen strawberries  
 8 oz can crushed pineapple  
 Whipped topping to garnish

Preheat oven to 400 degrees F.

For crust— mix pretzels, butter, and 3 T of sugar. Press mixture into a 9x13 inch pan and bake for 7 minutes. Set aside and allow to cool.

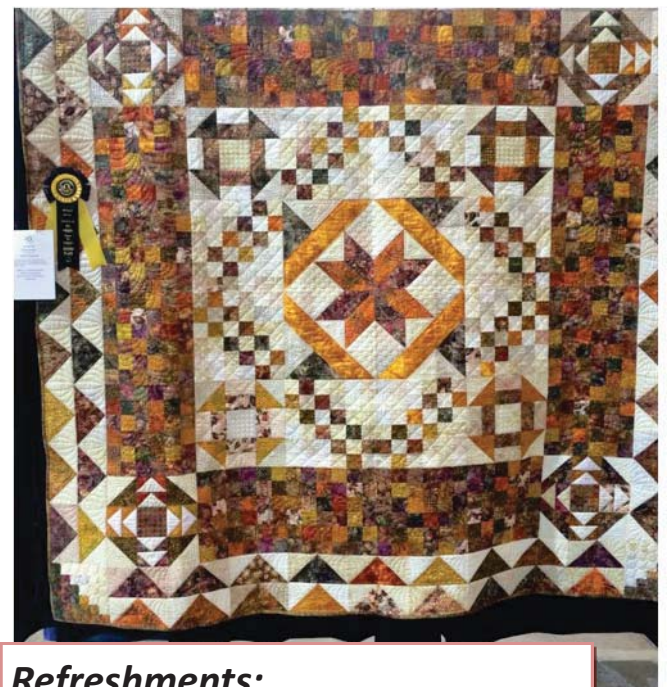
In a mixing bowl, beat together cream cheese and 3/4 c of sugar. Fold in whipped topping, and spread over cooled crust. Refrigerate until well chilled.

In a small bowl, dissolve gelatin in boiling water, and allow to cool slightly. Add strawberries and pineapple, and pour over cream cheese mixture. Refrigerate until serving time.

## **Special Thanks to Valera Johnson for this recipe**

The newsletter is always in search of help—

- Would you be willing to research upcoming shows and supply the list?
- Would you be willing to mail hard copies to those without email?



## **Refreshments:**

Last month's refreshments provided by Sharon Lamberth, Angie Fortner, Valera Johnson, and Sidney Smith.

July will be provided by Karen Burnham, Marguerite Bright, Joan Hayden. Need one more at least.

August is Brenda Mayfield, Linda Sobers, Pat Horn, and Angie Dempsey.

**Please remember to thank those who bring food!**

**Lick Skillet Quilt Guild**

Our Mission: To promote an appreciation of the art of quilting, to share knowledge about quilts and quilting, and to perform community service projects.

The Guild is a non-profit organization open to anyone interested in quilts or quilting. Monthly meetings are 5:30 p.m. on the second Monday of each month at the Friendship Community Center, 2930 Friendship Road, Oxford, Alabama 36203. Guests are welcome. Annual dues are \$25, renewable in January of each year.

Address changes contact: Angie Dempsey, 256-362-0035

Find us online at [www.lickskilletquiltguild.com](http://www.lickskilletquiltguild.com) or [www.facebook.com//#!/groups/455735277826951](http://www.facebook.com//#!/groups/455735277826951) or [Lickskilletquiltguild.blogspot.com](http://Lickskilletquiltguild.blogspot.com)

Contributions to Newsletter are welcome. Articles and ads due no later than the third Monday of each month. Contributions must be submitted with name and phone number of the author. Any articles must be sub-

**HELP WANTED**

Do you have recipes that we could share in the newsletter? Type them up into an email and ship them to

[simmonsm@centurytel.net](mailto:simmonsm@centurytel.net)

What about quilting tips? Ideas? Stories? Jokes? Send me an email -

Mary

**Important Message:**

*If the Friendship Community Center is closed for inclement weather, the Guild will not have its scheduled meeting or sew day for that day. If a meeting or sew day is rescheduled for another day, you will be notified by phone or email! Your safety is very important to us!*

**2015 Executive Board**

President	Anita Fountain
Vice President	Bernice Zaidel
Secretary	Valera Johnson
Treasurer	Carole DeGrenier
Members at Large	Sidney Smith
	Valera Johnson

**Special congratulations to Becky and Carolyn for their ribbons at the NQS show in Little Rock.**

