



# Starlight Express

## Starlight Quilters Guild

www.starlightquilters.com

September 2011

### Presidents Message

By Lue Anne Christensen

Dear Quilting Sisters:

This message is being written a bit later than usual through the fault of technology AGAIN! You "gotta" love it! Hopefully, this message will make it through cyber space. If we can build a magnificent new skyscraper in NYC, why can't I get this message to Margaret, and then on to you. Something about HTMLs.

I always like to chat about the circumstances of where I am physically in my life at the moment when I am writing this message. Well, today I have had a wonderful afternoon working on a quilt with my 9 year old granddaughter, Kate. She wants to make it for her baby sister Courtney who will be one on September 21. She was able to get it pieced this afternoon. I was her "quilter" this evening while she danced around asking repeatedly if Courtney would like it. Of course, I said, "Courtney would like it." These are the moments grandmothers live for--especially grandmothers who sew. Passing on the pleasures of sewing for those we love is a most important role of a grandmother who sews. I know many of you have had similar moments either with your grandmother or a grandchild. They are priceless.

I know most of you are well aware that our annual quilt retreat will be taking place at The Barn in Valley View, KS on the weekend beginning Friday, the 18th of September. I am looking forward to it since I was not able to go last year when Courtney was expected to arrive in this world at any time. The weather promises to be nice so we should be able to enjoy the grounds around The Barn as well as to venture a trip into the quaint town of Holton to check out the local quilt store.

As for me I plan to work on some special projects for the quilt show coming up on the second weekend in October at the Bishop Miege High School. There will be lots of time for other projects as well.

I hope many of you will have some time to sew some items for the boutique, the silent auction, or the show itself. Remember, we also have a bake sale, which was very well received by many of those who attended the quilt show. In addition any fat quarters or other fabric you have that you don't think you will use can be brought to the show for us to sell; you may also have double copies of the same book (Guess who has bought the same book twice on more



### President's Message (cont'd)

than one occasion?) You might also have a kit that has just been collecting dust for so long that you don't even want to think about sewing it up--bring it Friday night, the 7th of October so we can let someone buy it who will care for it as you may never have. So many people have worked so hard preparing for this quilt show that I know it will be an even bigger success than last year's show. I hope that you, your friends and family will find some time to attend the quilt show. Remember, we also will need all of the help that we can get to help us set up on Friday night before the show, help us with the show on Saturday and Sunday, and to help us put the show away on Sunday. We can't have too much help!

Our speaker for September will be our own Terri Oberle who will give us valuable information on keeping ourselves physically fit so we can sew even longer and pain free. She will give us tips on how correct posture while sitting can make a difference in how long we can sew comfortably. She will also give us some simple exercises and stretches to do to keep us physically comfortable as stitchers and quilters. I am sure Terri will be able to answer any questions you may have about being more comfortable as you sew.

Don't forget to sew a Linus quilt for the children in our area hospitals. I am reminded of the benefit of Linus quilts since it wasn't long ago that Courtney received one as she prepared to leave Children's Mercy after a five day stay there shortly after she was born. My daughter prizes Courtney's Linus quilt and plans to tell her of the day she received her quilt from the nurse.

Happy sewing,

### Opportunity Tickets

Karen Edwards

Please pick up your packet of opportunity tickets if you weren't able to get them at the August meeting. I'll be sitting close to the check-in table. Let's all pitch in to sell lots of tickets for this year's beautiful Asian wall hanging. The more tickets we sell, the more likely we'll be able to afford some really good speakers in the next year or two.



## Membership

Marilyn Carr

### August Attendance

Members	74
Guest	4
Total	78



## Need YOUR picture

Marilyn Carr

I need to take pictures of a few members for our roster. It really helps to put a face with a name and it's completely painless!

Please see Marilyn at the membership table at the next meeting.

Angela Brinton  
 Toni Caro  
 Barbara Chavez  
 Kathy Hurley  
 Sheila Lynch  
 Amy McCarthy  
 Linda Moyer  
 Kari Sime  
 Sharon Summers  
 Melody VanMeter  
 Beckey Wackerman

## About the Mystery Quilt . . . .

Shirley Lewis

The response to the 2011 Mystery Quilt challenge far exceeded my expectations. A big THANK YOU to all who participated by nearly finishing your quilts (You know who you are.), by finishing your quilts and letting the rest of us admire them, and by voting for your favorites. Also thank you to Connie Passaro, who helped me display the quilts.

The winners were: 1st Place - Margaret Welch

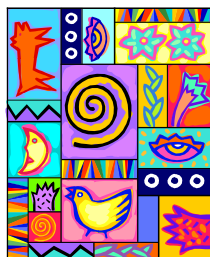
2nd Place - Karen Taney

3rd Place - Cheryl Tomson

The other winners were those who completed and displayed their quilts. They were: Karen Vertin, Carol Cleary, Marsha Reeves, Fran Garrett, Kay Van Durme, Opal Yarnell, Janice Craig, Sandy Ralston, and Karen Huffman. Great job, everyone!!!!

## Boutique News-

Thanks to everyone for your boutique donations. We have some really nice items and we can always use more! Since we are getting close to the quilt show, it would be great to have finished items, rather than raw materials, so that all we need to do is add prices and organize them. One of our members very thoughtfully included a suggested retail price with the hand-made items she brought. Very helpful. We'll be accepting donations at the September meeting; after that, you can contact me or bring pre-priced items to the show. Peggy Skaith, [especialyquilts@att.net](mailto:especialyquilts@att.net) or 913-341-0525.



## Suzy Scissorhands



Dear SQG Friends,

One of my most valuable quilting tools is the rotary cutter. I mean, can you imagine cutting out all those squares and triangles and other shapes with a pair of scissors? Even really nice scissors? It seems like it would take forever and would the edges really be straight? Not mine!



Because it is such a valuable tool I try to take good care of my rotary cutter. I keep a good, sharp blade in mine, one that doesn't have any nicks or dull spots. If I'm starting a big project that involves lots of cutting I put a fresh blade in my cutter. (Old blades are good for cutting paper so don't throw them away.) But putting a fresh blade in can also make my cutter a dangerous tool. After all, it is a razor sharp blade. Just barely bumping the blade with the back of your hand or knuckle can cut. And it makes me cringe to even think of slicing a finger.

So, if you are like me and can't live without your rotary cutter, take good care of it. Keep a sharp blade in it. And always, ALWAYS, retract the blade when it's not in use. If you are prone to placing your fingers too close to the edge of your ruler when cutting you might want to invest in a "klutz glove". They are usually made of Kevlar or a similar material that resists a sharp blade, and they cost much less than having your finger stitched up!

Happy Quilting,  
 Suzy

## Special Event: Quilts in the Park-

Saturday, October 15, 9 am - 4 pm

Quilts everywhere! In the trees, on the rocks, under the Pavilion, across the tables and on the fence. Sewing projects and kits, art projects for the kids, storytelling, plein air artists, mini auction, demonstrations, quilting books, food concessions and quilt vendors! Walk to the lake or the playground from this wonderful pavilion. Spend the day in Shawnee Mission Park with fun for the whole family!

Time: 09:00 AM To 04:00 PM

Address: The Pavilion at The Theatre in the Park, 7710 Renner Road, Shawnee, Kansas, 66216

## September Program Rx for Quilters

By Terri Oberle

Terri graduated from [Cleveland Chiropractic College](#) in 1989 and has since been in private practice in the [Kansas City](#), Missouri, area. Terri specializes in gentle, hands only, chiropractic techniques and nutritional counseling.

In 2004, Terri asked Karen Edwards if she would help her and a friend learn how to quilt, thinking that her friend would really like it. Instead, Terri fell in love with quilting and she hasn't stopped since.

It didn't take long before Terri realized that there was more to learn about her new hobby than keeping her seams straight. She soon began to experience the same ailments as her patients who work at a desk all day: low back pain, neck pain, hands falling asleep and stiff, sore muscles. Sound familiar? Terri began to apply the information that she used with her patients to herself and most of her symptoms disappeared.

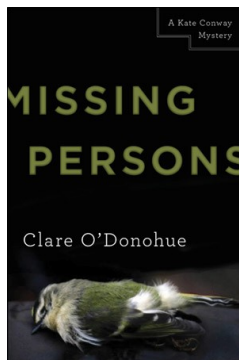
Consistent maintenance is the key to a healthy body, no matter what the job or hobby that causes stresses and strains. Seasoned quilters may already know some of the information that Terri will share with us, but there may still be a trick or two that are waiting to be learned that will help us make quilting even more enjoyable. As an extra special feature we hope to offer chair massages during the meeting, too. Whether the massage will be free or for a minimal fee is yet to be determined.

## October Program Clare O'Donohue

Author of Someday Quilts mystery series

Ever pick up a book that you couldn't put down? That is a good description for any one of Clare O'Donohue's Someday Quilts mystery series. Nell finds both love and adventure in the small town of Archer's Rest where her grandmother owns the Someday Quilts shop.

Clare O'Donohue, author of Kate Conaway and Someday Quilts mystery books will be our "Mystery" speaker in October. Her program, "How Alex Anderson Inspired a Murder" will delight one and all, whether are a mystery book fan or not. Clare will also share with us what has inspired her throughout her journey from news reporter to writing instructor to television producer and now mystery author. October's program will definitely be a TREAT.



## "Art of Quilting" October 8th & 9th Bishop Miege High School

### Entry forms needed!

Bring your Quilt Entry Forms only to the September meeting on Sept 27. Bring the actual quilt to set up on October 7 between 4:00 and 8:00 PM. If you plan to enter a quilt or other item in the show and are unable to attend the meeting, call Kim Cawthon 913-449-3914 or Janice Craig 913-660-3645.

Please sign up to volunteer at the show if you haven't done so already. We'll need help with White Gloves, Bake Sale, Small Quilts, Silent Auction Items, Boutique, Set Up, Take Down, Visitor Table, Promotion, Promotion, Promotion. And did I mention Promotion? Pick up bookmarks and flyers to give to your friends and co-workers. Please plan to spend a few bucks with a vendor at the show. We've got a terrific mix of vendors lined up: Hand dyed fabrics, Singer Featherweights, Stained Glass, Unique Hand-Made Items etc. There will be shopping.

## October Workshop

Saturday, October 15 at Rosewood Place Apartments, 85<sup>th</sup> and Pflumm.

There will be two workshops offered that day, each will cost \$5.00

You can register at the September guild meeting, and there will be more information and flyers at the meeting

**9:00 – 11:00 Self-braided rugs** – Cheryl Tomson will show you how to make rugs that are completed as you go. You can make them from old jeans, but they make nice bath mats when made from old t-shirts and they can also be made from strips of fabric.

**1:00 – 3:00 Postcards, Inchies, and More** – Susan Stevenson will show you how to turn fabric scraps into beautiful postcards. Small "inchies" are a great way to embellish cards and can even be made into jewelry. Susan will then show you how to put together a very special book using the same techniques as the postcards. You can also embellish your book with inchies made from left over scraps.

If you're unable to register at the September guild meeting, you can call Linda Clatterbuck, 913-649-7236.

## 2011 Challenge

Mary Funk

Starlight Quilters: I have received many compliments and "thank you's" from the folks who received decorative panels and placemats from our 2011 Challenge. Projects can be turned for the rest of the year.



Miami Co. Quilt Guild will have their show on Sat and Sun, Sept 24 & 25 at Cottonwood Point Elementary School, Paola, KS. There will be an opportunity quilt, boutique, vendors, etc. Would love to see you!

### September Fat Quarter - *Birds of a Feather*



#### Tip-

To create the label for the back of a quilt. Sew the label to a used dryer sheet. Sew it fronts together and sew all the way around the label. Then slit the dryer sheet about 1" in the center of the sheet, just enough room to turn it right-side out. Then press it, so you have a nice crisp edge to hand-sew or appliqué to the back of the quilt. The used dryer sheet also smells real good every time you wash and dry the quilt.



#### Tip-

If you have trouble threading your sewing machine needle or any needle for that matter try this: for the sewing machine, place a small piece of white paper behind the needle with the left hand and thread with the right. For sewing needles, use any white or very light colored background. This was my Grandmother's trick and it works.



### Do you have a Birthday This Month?

Well, Happy Birthday! Please bring a snack or dessert for the Hospitality Table to share. Fellow SQG members will be deliriously happy to share your goodies! No doubt someone will beg for your recipe. This month's birthdays:

- Jannice Barland
- Becky Edson
- Lois Hardenbrook
- Donna Halloway
- Betty Jane Krueger
- Marcia Lichtenauer
- Shirley Lewis
- Barbara McMahon
- Jamie Morgan
- Carol Nash
- Linda Ochs
- Connie Passaro
- Sue Sharpe
- Penny Skelton
- Lynne Zeh



### Peanut Butter Cup Cupcakes Recipe

#### Ingredients

- 1/3 cup *shortening*
- 1/3 cup *peanut butter*
- 1-1/4 cups *packed brown sugar*
- 2 *eggs*
- 1 teaspoon *vanilla extract*
- 1-3/4 cups *all-purpose flour*
- 1-3/4 teaspoons *baking powder*
- 1 teaspoon *salt*
- 1 cup *milk*
- 16 *miniature peanut butter cups*

#### Directions

• In a bowl, cream the shortening, peanut butter and brown sugar. Beat in eggs and vanilla. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk. Fill paper-lined muffin cups with 1/4 cup of batter. Press a peanut butter cup into the center of each until top edge is even with batter. Bake at 350° for 22-24 minutes or until a toothpick inserted on an angle toward the center of the cupcakes comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely. **Yield:** 16 cupcakes

## 2011 Events Calendar

September 27---Rx for Quilters  
By Terri Oberle

September 16-18— Retreat –The Barn

October 8 & 9– The Art Of Quilting, SQG Quilt Show,  
Bishop Miege High School

October 18—SQG Board Meeting

October 22—Sew Day at Perry Kansas

October 25---It's A Mystery, Author event

November 15---*Ada Niedenthal, Timeless Textiles*

## Advertisements

**FREE! Post your AD HERE!** If you are a guild member in good standing and would like to run your **FREE** ad, send your information to the newsletter editor. See back page for details.

**Pieces in Plaid Quilting** – Owner / Operator Lynne Zeh, a full service long arm quilter with 8 years experience. Located in Lenexa, KS.

**Machine Quilting by Karen** - Let me help you with your quilting! Quilts up to 52 inches in width.

**Machine Quilting.** Custom Quilting by Peggy Skaith. [especiallyquilts@att.net](mailto:especiallyquilts@att.net) or 913-341-0525

**Machine Quilting by Julia Day.** Is your piecing ready to transform? Call for your consultation today.

## Communications-

Let us know of any concerns, deaths, triumphs, or if someone needs help with something. This way we know what is going on with our fellow members and can send cards, etc. Contact one of these members:

- Rosie Brinker---913-268-8819 or [rosie474@aol.com](mailto:rosie474@aol.com)
- Shirley Lewis---913-722-5486 or [sll849@aol.com](mailto:sll849@aol.com)
- Barbara DeMack---913-485-3966 or [barb-stoys4u@hotmail.com](mailto:barb-stoys4u@hotmail.com)



## Blog-

For those of you who are interested in quilts, especially old quilts, Donna DiNatale has started a new blog that will talk about some of her quilts. She will include information about collecting and caring for quilts, old and new. She'd love to have you follow along and provide comments. Here is the link: <http://heartlandquilts.blogspot.com/>



## Starlight E-site—the Yahoo Group

---Lea Robrahn  
Starlight E-Site is an online club where Starlight members get together to share photos, links, documents or files, and have a message board to post items of interest. It sounds more complicated than it is. You can elect to read all information on the E-Site, which leaves your inbox less cluttered.

To join:

1. Send an email message to Lea Robrahn (remove spaces) [leannieq@hotmail.com](mailto:leannieq@hotmail.com)
2. You'll then be sent an invitation from Starlight E-Site

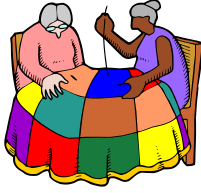
**"FIND US ON FACEBOOK"** <http://www.facebook.com/group.php?gid=106359079270>

## Quilters Wisdom

Families are like quilts –lives pieced together, stitched with smiles & tears, colored with memories and bound

## Tip-

Save the zippered bags you get new sheet sets in to store your quilt projects that are in progress. They are big enough for your cut pieces and the finished blocks as you get them ready. The bag is clear so you can see at a glance what project it is and will keep everything together for you. When the top is done you can store it in the bag until you decide to finish the quilt.



**Membership Information:**

2010 Membership, New or Renewal, \$25.00. Your annual dues bring the newsletter chocked full of information and news of upcoming events to your e-mail or home; provide a lending library of quilting books available to members; and other benefits too numerous to mention!

**Newsletter Deadline:**

Articles are due the 5<sup>th</sup> of the month. E-mail your article to Margaret Welch at [mwelch5@kc.rr.com](mailto:mwelch5@kc.rr.com) (913-432-4515) .



**NEXT SQG MEETING!** Tuesday, September 27, 2011 6:30 PM—Meet friends, gobble some goodies, bring some boutique items or tickets, sign up to volunteer!

**7:00 PM—** Rx for Quilters  
By Terri Oberle

**Meeting Date and Time:** Monthly guild meetings are held 6:30-9:00 PM every 4<sup>th</sup> Tuesday, January-October at **Countryside Christian Church, 6101 Nall, Mission, KS**. The November meeting date is determined each year based on the Thanksgiving holiday. There is no December meeting.

**Meeting Cancellation:** SQG meetings will be canceled if the Shawnee Mission School District cancels classes. Monitor announcements on TV and radio when bad weather threatens.

- Remember to bring:
- Nametag
  - Show and Tell
  - Library Books
  - Goodies (if it is your Birthday)
  - Fat Quarter (see list)



**Changes:** If you have moved, changed your name, e-mail address or telephone numbers (home, work, or cell), please bring them with you to the next guild meeting or mail them to Starlight Quilters Guild, PO Box 9362, Shawnee Mission, KS 66201

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