

Starlight Express

Starlight Quilters Guild

On the web at <https://starlightquilters.com>

On Facebook at www.facebook.com/StarlightQuiltersGuild/

March 17, 2026

Starlight Quilt Guild Officers and Committees

President: Donna Holloway

Heartland Quilt Network Rep: Mary Honas

KCRQF Representative: Tara Culley

Vice President: Janette Sheldon

Guild Meetings Operations Manager: Alison Erickson

Guild Meetings Volunteers: Ann Doherty, Jan Ketchum, Shirley Lewis

Program Committee: Mary Lou Guy

Past President: Amy Ubben

Quilting Activities Manager: Barbara McMahon

Accuquilt: Cheryl Tomson

Community Service: Pam Lanza

Guild Challenge: Karen Edwards & Shirley Lewis

Project Linus: Mary Honas & Kate McCabe

Retreats: Donna Holloway

Workshops: Tammy Smith

Treasurer: Barb Dietz

Membership: Diane Phillips

Monthly Raffle: Janette Sheldon, Donna Holloway, Amy Ubben

Quilt Show: Janette Sheldon, Kim Cawthon, Alison Erickson

Raffle/Opportunity Quilt:

Secretary: Michele Fix
(starlightquilters@gmail.com)

Newsletter: Suzanne Andrews
(starlightnewsletter@gmail.com)

Photographer/Graphic Design: Laura Bogue

Website Manager: Janice McKee



From the President

Lately I've been hearing a lot about "grandma hobbies" such as knitting, gardening, sewing, and baking being strongly correlated with increased life expectancy. Some studies suggest they can add up to eight years to a woman's life. These slow paced and mindful activities reduce stress, boost mental acuity, and foster social connections, with research showing a 30–50% lower chance of developing mild cognitive impairment.

Some of the biggest benefits of "grandma hobbies" on longevity include:

Stronger Mind & Better Mood: Knitting, crafting, and similar activities keep the brain active and may slow memory decline. They also help ease anxiety and depression by encouraging mindfulness and focus.

Better Physical Health & Sense of Purpose: Gardening and other hands-on hobbies get you moving and give you a feeling of accomplishment.

Less Stress: These slower, intentional activities offer a welcome break from busy, fast paced routines and can boost overall life satisfaction.

More Social Connection: Joining a quilting group, a community garden, or any hobby group helps reduce loneliness—an important factor in living longer.

Regardless of your current age, these activities have shown a positive correlation to improved quality of life and longevity; so, if you need another great reason to get back to your needle and thread and being more involved with your quilt guild - here you go!

Happy and healthy stitching! Donna

~Donna Holloway
SQG President



STARLIGHT QUILTERS GUILD
Treasurer's Report
February 2026

	Beginning Checkbook Balance	\$ 12,461.05	
	CD's at Capitol Federal	17,250.53	
	Petty Cash	60.00	
	Cash Balance		29,771.58
	Income		
	Membership Dues	315.00	
	Bucket Babes	137.00	
	Quilt Show Vendors	135.00	
	March Workshop	275.00	
	Total Income		862.00
	Expenses		
	Meeting Facility Rental	230.00	
	Storage Expense	130.00	
	Acorn Quilts- Program	358.00	
	2026 Door Prizes	127.65	
	Bucket Babes	70.14	
	PayPal Fees	11.98	
	Total Expenses		927.77
	Ending Checkbook Balance	12,395.28	
	CD's at Capitol Federal	17,250.53	
	Petty Cash	60.00	
	Cash Balance		\$ 29,705.81
	Submitted by Barbara Dietz, Treasurer		

Membership Renewal Time!

Starlight currently has 107 members. We had 67 members and 4 visitors attend the February meeting. Please welcome back returning member Dana Switzer.

TIME FOR MEMBERSHIP RENEWAL

- Starlight membership year is from April 1st through March 31st. You may join at any time. Dues are \$35.00 per year.
- Remember you may pay online using PayPal or you can bring cash or a check to renew at our March 24th meeting. I will be sitting at the back table.

~Diane Phillips
Membership



March Program

Rhonda Denney: Pigment Patchwork

Rhonda has won many awards for her art quilts and several have been published in books. Many of her fiber art pieces have been on exhibition throughout the United States and worldwide. Rhonda pursues her fiber art habit in Emporia, Kansas, where she lives with her husband, Ray, and operates her business, Cap Rock Inspirations. (Excerpted from her website, here: <https://rhondadenney.com/about-rhonda/>)

If you'd like to learn even more about Rhonda Denney and her techniques, consider enrolling in the workshop being offered by Starlight on March 25. More details on p. 6 of this newsletter.

~Editor

Community Service Update

Community Service is buzzing like a bee in Spring! We are collecting navigational bags, walker bags, and children activity bags. Kits and instructions will be available at the next meeting and instructions and videos are posted on our website. If you want to sew for a cause, we have a project for you.

~Pam Lanza



Accuquilt News

This month's featured die is the Pineapple. It makes a 10" block and can be used with the guild's Accuquilt cutter or the smaller Go Me. It is lovely in the traditional two colors but could also be made with multicolored scraps or even of lights and darks in a log cabin style. Check out the Accuquilt web site for a variety of patterns. As always, contact me to check out the Accuquilt cutter or dies.

~Cheryl Tomson
Accuquilt Manager

March Member Birthdays:

Dolores Boring	3/26
Jan Davidson	3/11
Pam Lanza	3/28
Rita Lynch	3/24
Rosemary Watrak	3/20
Margaret Welch	3/18

Happy Birthday!



BLOCK PARTY

2026 Starlight Quilters Guild Show

April 24-25 Lenexa Old Town Activity Center

Update

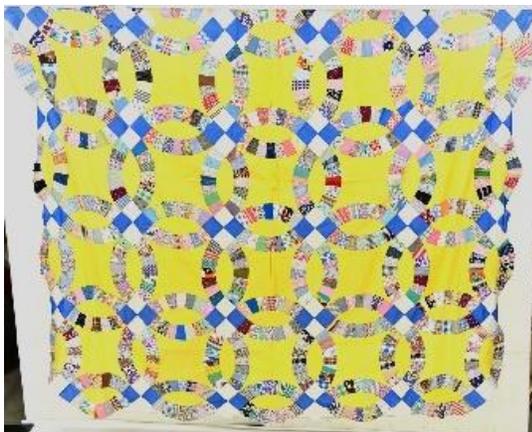
Our 2026 Quilt show is quickly creeping up on us. You have several tasks to think about. First, we would love you to enter your quilts. The variety of styles that come from our membership truly makes for a more interesting show. You may drop-off your quilt during the March 24 guild meeting or at the show venue on Thursday, April 23rd between 4:00-6:00 p.m. See SQG website for full show dates and times.

Secondly, look at the on-line volunteer signup sheet and decide where you would like to assist. Set up and take down can be very demanding work, so please consider signing up for that. Significant others over 16 are welcome.

And lastly, don't forget the yard sale needs your items. Bring them to our March meeting, or during quilt drop-off times. The yard sale also includes a bake sale. We are looking for homemade treats, but all donations will be welcomed. Laua Bogue will be available at our March meeting to assist with both signups.

If you were at the February meeting, you saw the antique quilts that have been donated to the Guild. One will be completed to use as our Opportunity Quilt. The other four will be sold in a silent auction. Two of those quilts are shown below.

~Kim Cawthon & Janette Sheldon
Quilt Show Co-Chairs



Double Wedding Ring, circa 1940-1960



Tumbling Blocks, circa 1890-1910



Project Linus

Another good month for Linus Quilts. 25 quilts were donated by the following.

- | | |
|---------------------|------------------------|
| Rosemary Watrak - 1 | Suzie Steel - 1 |
| Theresa Benson - 4 | Marsha Reeves - 7 |
| Jan Davidson - 3 | Kathy & Chris Foos - 1 |
| Cheryl Tomson - 3 | Kim Cawthon - 1 |
| Janette Sheldon - 3 | Shirley Lewis - 1 |

Thank you to all. At the March meeting stop by our table to pick up some batting for Linus quilts. And Mary will have some more Rosie quilts to finish.

We would appreciate some bigger pieces of fabric for backing if you are cleaning out your stashes.

Happy Quilting!

*~Kate McCabe & Mary Honas
Project Linus*



Mark Your Calendars:

March 21 – Make a Blanket Day

For Project Linus at Grace United Methodist, Lees Summit

March 24 – SQG Meeting
Merriam Community Center
6:30-8:30

Featuring Rhonda Denney

March 25 – Workshop with Rhonda Denney

Confetti Landscape art quilting
Monticello Library

March 26-April 4

Ad Astra Quilt Shop Hop

April 1-May 31

All Kansas & Nebraska Shop Hop

April 17 – SQG Sew Day
Merriam Plaza Library

April 24-25 – SQG Quilt Show

Lenexa Old Town Activity Center

April 28 – SQG Meeting
Merriam Community Center
Social Evening

SQG Sew Day

Let's get together to work on charity projects, AccuQuilt, and personal choices.

Friday, April 17, 9a-4p
Merriam Plaza Library

6120 Slater St
Merriam, KS

Bring your sewing machine, projects and notions. Accuquilt and dies will be available. Let Cheryl Tomson know what dies you are interested in using.

Expect to have a great time connecting with your guild members while making new friends. Several lunch options are available nearby.

March fat quarters are Teal.

GET READY TO ENHANCE YOUR ARTISTIC SKILLS AND HAVE FUN IN THE PROCESS!

Join **RHONDA DENNEY** at the **CONFETTI LANDSCAPE WORKSHOP**

March 25, 2026, 9am to 4pm

Monticello Library; 22435 W 66th St; Shawnee, KS 66226

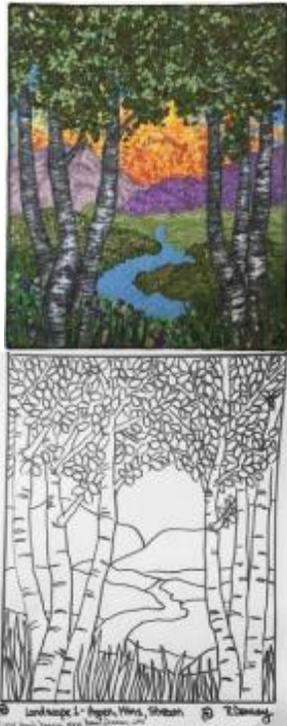
\$55 for Members

\$70 for Non-Members

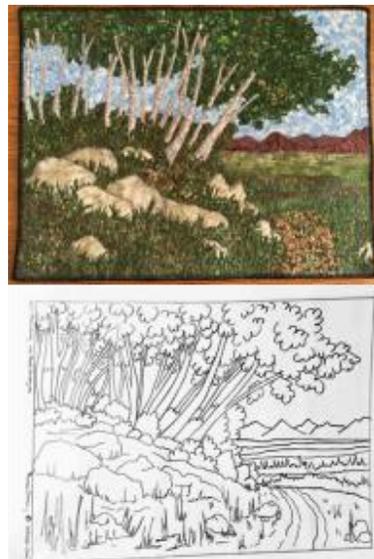
The \$20 kit fee **is included** in your registration fees.

Kits must be selected upon registration; there are three options:

Option 1: Aspen, Mountains



Option 2: Landscape w/road



Option 3: Tree vale



PayPal or check payment options are available.

The link to register:

[Rhonda Denney Workshop](#)

The registration link can also be found on the events calendar. (Upcoming workshops and sew days also recorded here.)

*~Kathy Keehn
Programs*

Advertisements

City's Edge Quilt Shop has classes and more!
Amy Senatore, Owner www.citysedgestudio.com
616 W. Main Street, Warsaw, MO 65355
Mon-Fri 10a – 5p and Sat 9a – 3p

Custom Machine Embroidery – quilt labels, towels, gifts, T-shirts, logos, banners, and so much more. Fast turnaround time on orders.
Phone **Judy Brennan**, 913-788-0582

C & S Creations – Custom wood working projects. Let us help you with your sewing /hobby room needs. Custom workstations, Featherweight cabinets, ruler holders, scissor racks. **Cheryl & Scott Diebold**,
Phone 913-677-0838

Machine Quilting – Edge-to-Edge
Computerized longarm machine quilting by **Elizabeth Brown**. Phone 913-626-7135
Website www.Duelingthread.com

Rosecliff Quilts – Provide quilting services which include longarm edge-to-edge quilting for unfinished quilt tops, baby quilts, t-shirt memory quilts and embroidery patches.
Phone: **Stephanie Rector**, 816-560-9863
Email: rosecliffquilts@gmail.com

Donna's Singer Service – Does your Featherweight need a good clean and oil? Is it not sewing like it should? I can clean and service your Featherweight including Singer models 15,99, 221, 222, and 301. Reasonable fees & timely service.
Donna di Natale, phone 913-451-0283

Machine Quilting – Machine quilting, all styles of quilting from simple hand-guided designs to custom creations. Guild members, I will piece your backing at no extra charge!
Peggy Skaith 913-341-0525

Keehn 2 Quilt – **Kathy and Erin** provide high quality finishes for every project - custom hand guided and *Prostitcher* edge to edge precision offered. Contact us today to finish your quilt masterpiece!
913-940-9849 www.keehn2quilt.com keehn2quilt@gmail.com



CLASSIFIED ADS



Wanted: a crocheter who would be interested in assembling already made granny squares. Please contact Jan Ketchum if you're interested.