

**Officers  
2021-2022**

**Susan Trice**  
President

**Shirley Dukes**  
Vice President

**Cheryl Tolbert**  
Treasurer

**Pamela Scanner**  
Secretary

**Jean Cobbs**  
Financial Secretary

**Lynne Reid**  
Sergeant of Arms

**Elanda Shannon**  
Newsletter Editor  
**Newsletter Deadline:**  
**April 5, 2021**

**Our goal is to promote  
the love of Quilting!**

Needles and Threads  
Quilters Guild meets the  
4<sup>th</sup> Saturday of the month,  
except in November and  
December at the Chicago  
Park District Fernwood  
Park Fieldhouse, from  
10:00 am to 12:00 pm.  
Visitors are always  
welcome and prospective  
members may attend one  
to two visits before joining  
the guild.

**CURRENTLY ALL  
MEETINGS ARE BEING  
CONDUCTED VIA  
"ZOOM".** The link to the  
meeting is sent to your  
email the Friday before  
the meeting.



# Quilt Talk

Needles and Threads Quilters Guild Newsletter  
www.ntqgchicago.net

**March/April 2021**

## President's Message.....

Greetings NTQG Members,

### *The Power of a Hug and a Smile*

We walked into Spring of 2020 having to change our lives drastically. Here we are, one year later, approaching Spring of 2021, still in a pandemic but with some hope on the horizon. The more people get their vaccine the quicker we can return to some sense of normalcy or as much of it that we can at this time.

This past year has taught us how much we depend on being in community and gatherings with our family and friends. Social distancing and mask wearing has prevented us from hugging and exchanging smiles in public.

As humans, we rely on being able to greet each other with a smile and a hug. These simple acts are life affirming with a profound effect on our health physically, mentally, and spiritually.

Studies show that frequent hugging, hand holding or sitting close to each other release a hormone commonly referred to as the "cuddle hormone" which helps reduce stress and anxiety, lower blood pressure and reduce the risk of heart disease, heart attacks or strokes. A good 20 second hug is good for the soul.

Smiling also helps our bodies release hormones that provide numerous health benefits just as hugging. The physical act of smiling affects the part of the brain that regulates your emotions.

As the restrictions continue to lift let us prayerfully and carefully hug our loved ones and show our beautiful smiles.

### *It's Good For Your Health!*

*Susan A. Trice*

President, Needles & Threads Quilting Guild

## Guild News

- During our last meeting, it was suggested by Jean Cobbs that we begin making *“Goodwill Calls”* to our fellow quilters. COVID-19 has forced us to do things differently so, if you missed a meeting or two, don't be surprised if one of your guild members gives you a call just to check in to say, “Hi and how you doing”. The call will not be long, just our way to check on our community of quilters. Of course, we would never want to interrupt those creative juices.
- **BOM - New Guidelines for the Block of the Month**

#### **Each participant will be making their own Sampler Quilt.**

1. No blocks will be turned in. The participant will keep their completed blocks.
2. Each month a BOTM member will submit a block photo and instructions to be place on the Website. They can either send us a text photo on their phone, email us or send Doris a PDF of the photo of their completed block They must complete the block before the next meeting. No restrictions on color, fabric or size of their block. Each participant uses their own fabrics.

3. We will continue to have the Raffle but it will up to the participant to let us know if they want to participate. You can only participate if you complete the block.
  4. The first drawing will be on Feb. 26th, and each Friday before the meetings. If they wait to show it at the Zoom meeting, it will be too late. Every member will have a number if they are in the Directory. (I numbered each person in my Directory). I will do a Random Generated Drawing, including their number, with the people that are participating.
  5. The winner of the drawing will get \$10.00.
  6. We hope to have a showing of the completed quilts at the end of the year as before. A winner and runner up will be selected for a prize. Same rules apply as before. *Ethel (Edie) Warren BOTM Chairperson*
    - Zakayia Williams was the winner of the February BOM. She received \$10.00.
- **Community Service** – Fabric Pick-up at Cynthia Varnado’s home, Saturday, March 20, 10:00 am – 2:00 pm. Due Date: Saturday, April 3, 10:00 am – 2:00 pm. Baby Blankets should measure approximately 36 x 36. No premie hats are being made at this time.
  - **Membership Committee** – Zakayia Williams will be distributing the 2021 NTQG Membership directory at Fernwood Park on Thursday, March 4, 10:00 am – 12:00 pm. Directories will be mailed to members who do not pick-up their directory.
    - *We have 100 paid members as of March 2021.*
  - **30<sup>th</sup> Anniversary Committee** – LaSheral Smith, Chair.
  - **Web-based Accounts** – Facebook Group Name: Chicago Needles and Threads Quilters Guild, Erma Johnson, Administrator.  
Website: [www.ntqgchicago.net](http://www.ntqgchicago.net), Doris Barnes, Administrator.
  - **Program Committee – Sheila White**

Survey questions for future programs. Please return your comments to Sheila White by March 25.

1. Which quilting technique would like to learn?
2. Which Speaker/Teacher would you like to come and do a presentation for us?
3. Would you be interested in attending a week day event?

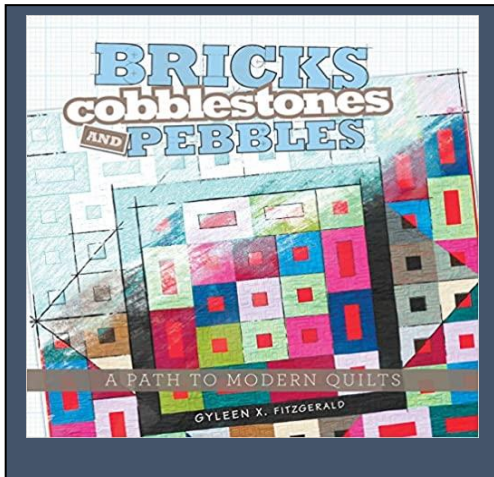
4. Would you object to our zoom classes being recorded and posted on a members only NTQG Facebook and/or website page?

## Announcements

- *Ruler Workshop - Saturday, October 9, 2021*
- *Quilt Retreat, October 29 - 31, 2021*

---

## Book Reviews by Jeanne Chaney .....



**Bricks Cobblestones and Pebbles: A Path to Modern Quilts.** Gyleen X. Fitzgerald. (2016). Havre de Grace, MD: FPI Publishing. 143 pages.

As the title indicates bricks, cobblestones and pebbles as well as pinwheels, gravel and sticks form the shapes of the quilt blocks in this innovative approach to creating contemporary, modern and scrappy quilts. Fitzgerald provides directions for making the shapes using soloist, harmonizer, choir and background fabrics which she also defines. There are colorful photos of quilts that you might duplicate, however, this author

wants you to be your own engineer. She includes blueprints for coloring and drawings for assembling but no specific yardages or fabric colors. The results are exciting, bold and colorful quilts that are inspired by the geometry of the SQUARE, “a building block for a multitude of other shapes.” Using a partial seam construction and the angle trim tool these quilts are guaranteed to be a knock-out. Twenty projects to keep you busy.



## Website Recommendations:

- ❖ The Seasoned Homemaker - [www.seasonedhomemaker.com](http://www.seasonedhomemaker.com)  
This website offers tips on quilting, sewing, DIY, and recipes. They also offer free quilting patterns.
- ❖ The Art of Home Club – [jacquelynnesteves.com](http://jacquelynnesteves.com). Learn hand embroidery, applique, quilting and fabric art techniques.



**!!Happy Birthday!!**  
**March/April**  
**Members**

### **March**

3/1 - Geraldine Rose  
3/6 - Cynthia Varnado  
3/4 - Sonya Griffin  
3/18 - Eva Yeo  
3/20 - Marva King  
3/22 - Rhoda Jackson  
3/24 - Juanita McClendon  
3/27 - Pamela Sanner

### **April**

4/17 - LaVerne Nichols  
4/20 - Phyliss Martin-Rice  
4/23 - Margo Haynes  
4/24 - Kamau Foluke  
4/25 - Wandah Hardy  
4/30 - Gwendolyn Thomas

