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# DISPATCH

A Publication of the Nutmeg Quilter's Guild of Ridgefield, CT No. 156

Jan/Feb 2009 [www.nutmegquilters.org](http://www.nutmegquilters.org)

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## General Membership Meeting

Wednesday, January 14, 2009  
Ridgefield Parks and Rec  
Rt 35, Ridgefield, CT  
Doors open at 6:30 pm  
Meeting begins 7 pm

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## Gmail Email ID's for the Chairpersons

President	<a href="mailto:NQGPresident@gmail.com">NQGPresident@gmail.com</a>	Gail Berman
Vice President	<a href="mailto:NQGVPresident@gmail.com">NQGVPresident@gmail.com</a>	Margo Bacon
Secretary	<a href="mailto:NQGSecretary@gmail.com">NQGSecretary@gmail.com</a>	Janice Kelly
Treasurer	<a href="mailto:NQGTreasurer@gmail.com">NQGTreasurer@gmail.com</a>	Betty Licarie
Programming	<a href="mailto:NQGPrograms@gmail.com">NQGPrograms@gmail.com</a>	Debbie Buescher
Newsletter	<a href="mailto:NQGNewsletter@gmail.com">NQGNewsletter@gmail.com</a>	Gina Spiaggia

Librarian	<a href="mailto:NQGLibrarian@gmail.com">NQGLibrarian@gmail.com</a>	Cheryn Kwasnik
Raffle	<a href="mailto:NQGRaffle@gmail.com">NQGRaffle@gmail.com</a>	Peggy Wildman
Shop-On-Site	<a href="mailto:NQGShop@gmail.com">NQGShop@gmail.com</a>	Peggy Giumarra
Website	<a href="mailto:NQGWebmaster@gmail.com">NQGWebmaster@gmail.com</a>	Sharon Morrissey
Community Service	<a href="mailto:NQGCommunity@gmail.com">NQGCommunity@gmail.com</a>	Carolanne Keely

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# PRESIDENT'S Letter

Sew Healthy...

This month is our annual pot-luck dinner, traditionally a well attended evening filled with conversations, good food, and fun. For those members who have not yet designated which dish they will bring, please send Debbie Buescher a note telling her your plans so she can make sure we have a balanced meal.

Otherwise, Debbie will assign a category to you. The categories are: appetizer, main dish, or dessert. You can contact Debbie at [NQGPrograms@gmail.com](mailto:NQGPrograms@gmail.com) .

Many months ago, while surfing through television channels, I came upon the PBS station which was airing "The Brain Fitness Program". Intrigued, I watched and became excited about the breakthroughs researchers were making related to brain health. I was so impressed, I watched it several more times, eventually reading one of the books discussed during the program, [The Brain That Changes Itself](#), by Norman Doidge, M.D.. For many years it was believed the brain was incapable of repairing itself and growing new neurons, but today researchers realize that is not true at all. In fact, in attempts to help patients recover from trauma, they have discovered that with the proper exercises, patients can stimulate the brain to rewire itself. If one part of the brain is too severely injured to heal, another area of the brain will attempt to take over the lost functions. Today's ongoing research is revolutionizing the treatments for issues affecting the brain. The research is being funded by many well known institutions throughout the world; places like NIH, MIT, Cambridge University, University of California at San Francisco, University of Wisconsin, Yale, The Hebrew University, The Weizmann Institute, Harvard, Johns Hopkins University, and many, many, many others.

Why am I mentioning this? What does this have to do with quilting? I'll tell you. Physical exercise stimulates the growth of new neurons; challenging and stimulating activities like quilting, learning a language, reading books, learning new dance steps, juggling, complex jigsaw puzzles, anything that requires us to focus and 'struggle' to learn or do, causes our brains to rewire to allow us to do these activities. So, designing and making quilts is actually good for our brains. Of course, you can't do the same old things. You must push yourself to learn something new, such as trying new techniques, to achieve benefits to the brain. So, I urge you to try something new, something that may take extra effort, focus, and concentration. And I'll even help you. I would like to challenge our members to create a small quilt... let's say 12"x12" minimum or 24"x24" or 36"x36" maximum size. The challenge is to design and create a quilt related in some way to a health issue important to you AND you must try a new technique or style that you have never tried before (but may have wanted to try), and perhaps use colors you normally don't use in your quilts. Go outside your comfort

zone. I'll call this the 'Health Quilt Challenge'. Complete your quilt and share it with us during Show & Tell at the May meeting.

May you all have healthy brains in this New Year!

Cordially

Gail Berman  
President, Nutmeg Quilter's Guild

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## Programs

**Debbie Buescher**  
[www.NOGPrograms@Gmail.com](mailto:www.NOGPrograms@Gmail.com)

Our General Meeting on **Wednesday, January 14<sup>th</sup>**, will be our traditional potluck supper. A sign-up list for the pot luck was available at the November General Meeting. So please remember to bring your favorite dish.

### **February Hands on event:**

Here is what Angela has lined up.

#### **Wed., Feb. 11:**

Angela will show you how to make a simple bed warmer/heating pillow that you can heat in the microwave for comfort on cold winter nights. Angela will supply the pillow "stuffing"; all you need to bring is your sewing machine, basic sewing supplies, and 1/4 yard each of muslin and a fun fabric of your choice. Please RSVP to Angela by **FEB 7<sup>th</sup>** so that she can bring the right amount of supplies at [ASLIPTACK@comcast.net](mailto:ASLIPTACK@comcast.net) or 431-6992.

### **Mini-Groups**

The following groups had sufficient members to go forward. Some members signed up for multiple mini-groups. Please be sure to split your time amongst them, especially if a group only has three members. Without you the group isn't a mini-group. (If you prefer to opt out of a group because you want to devote yourself to only one group or you would like to change groups, please let Gail know so she can notify the other members accordingly).

## **Paper Piecing Mini-Group**

Amy Trompetter, Margo Bacon, Peggy Giumarra, Marlene Gerhard, and Carol Anne Keely

## **Challenge Mini-Group**

Millie Foster, Carol Anne Keely and Joy LaVon

## **Strippers Mini-Group**

Margo Bacon, Millie Foster, and Carol Anne Keely

## **Appliqué Mini-Group**

Amy Trompetter, Carol Anne Keely, and Gail Berman

## **Teeny-Groups**

These are not yet a bona fide mini-group because only two members have signed up. But don't give up! If you can "sew" just one more person into your group, you will become a mini-group. The following are sooooo close.

## **Fusing Teeny-Group**

Margo Bacon and Carol Keely

## **Round Robin Teeny-Group**

Millie Foster and Joy LaVon

## **Trading Cards / Post Cards Teeny-Group**

Margo Bacon and Joy LaVon

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## **Community Service**

**Carolanne Keely**

**[www.NQGCommunity@Gmail.com](mailto:www.NQGCommunity@Gmail.com)**

Five quilts were given out in October.

- 1 to Ann's Place
- 3 to Family and Children's Agency
- 1 to Mid-Fairfield Hospice, nursing and home care

I have been in touch with a number of agencies. There is a need for lap quilts, Baby quilts, and twin bed quilts. The social service agency would like placemats for shut-ins to be given out when they deliver meals on holidays. There is also a group called hug for homeless animals that collect small quilt for animals in the shelters. Also, the Family and Children's agency would like

quilting supplies. They have a hand quilting group for the women coming in for help, they find that quilting helps to get the women talking. So any donations you would like to make will help someone! If you are interested in more information let me know.

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## Library News:

Cheryn Kwasnik  
[www.NOGLibrarian@Gmail.com](mailto:www.NOGLibrarian@Gmail.com)

### **The library is coming out of the closet .**

There is a white 3 ring loose leaf binder that has complete lists of our books by author, title, subject, and numerical order. The binder also has complete instructions on how to take out and return books.

Please keep books out for a *reasonable amount of time* – meeting to meeting would be two months – very reasonable indeed.

### - **Mini Library Sales (and rules)**

**If you signed up with Cheryn to do the mini sale this month, please remember to bring in your sales items.**

Sign up with Cheryn and then bring in those quilting books and magazines that you would like to sell. You set the price and YOU come sit at the library table with her during the meeting to sell them.

Profit to you 50%,

Profit to the Guild 50%

*This is a WIN / WIN Deal of a lifetime!*

**Absolute Rules to Follow:** All unsold books and magazines go home with YOU. We just do not have the room to store that kind of Stuff.

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## **BLOCK OF THE MONTH FOR MARCH**

See the attached PDF file for the 'Kimono' block of the month

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## Hammond Museum & Japanese Stroll Garden

In late June, some members went to the The Hammond Museum in North Salem, NY (very close to Ridgefield) for a tour of the Japanese Stroll Garden. The entrance fee is only \$5.00, the grounds are lovely and they always have an art exhibit. The reason for the tour is that the museum is asking quilters to make an Art Quilt that is inspired by the Japanese Stroll Garden. A nice afternoon was enjoyed by all. Please contact Gail Pantezzi at [pantezzi@optonline.net](mailto:pantezzi@optonline.net) if you are interested in making a quilt. The quilt can be as small as a post card or as large as a wall hanging using any sewing techniques of your choice. They have a lovely display area. Quilts are due early next year.

Visit the website for more details: [www.hammondmuseum.org](http://www.hammondmuseum.org)  
Open Wed.-Sat. Noon-4pm closed July 4th

Directions from 684 are as follows:  
From I-684 take exit 7 (Purdys) and make a right onto Rte. 116 heading east (to continue on 116 you will actually make a left onto Rte. 22 north, then almost immediately bear right onto Rte. 116). When you reach Route 124 (June Road) make a left, then the first right onto Deveau Road. Go all the way to the top.

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## QUILTING EVENTS OF INTEREST

### **"Two Generations of Artist"**

January 5<sup>th</sup> thru January 31<sup>st</sup>, 2009 at The Cyrenius H. Booth Library, 25 Main Street Newtown CT, Exhibits in the Olga Knoepke Memorial Room on the first floor of the Library Building,

Benjamin Palagonia (Dry Brush Watercolors) and Mary Palagonia Eddy (Mixed Media Quilts & Whole cloth Quilts).

An **artist's reception** is scheduled for **Sunday, January 11th from 2-4 pm**. The public is invited to attend.

**The Clamshell Quilt Guild** cordially invites their sister guilds to attend their annual **YARD SALE** of quilt related items to be held on Wednesday, **January 14, 2009**. It is from 7 to 8 PM at the Waterford Community Center, 24 Rope Ferry Road, Waterford, CT. Refreshments will be provided. For more info about this event, please contact **DeeDee Piscatella at 860-739-9149**.

**“Who was Anna Tuels? Quilt Stories 1750-1900”**

Now thru January 25<sup>th</sup>, 2009 at the Wadsworth Atheneum, Hartford, CT  
[www.wadsworthatheneum.com](http://www.wadsworthatheneum.com)

**“Recycling and Resourcefulness:Quilts of the 1930’s”**

Now thru March 15, 2009 at the American Folk Museum, New York City  
[www.folkartmuseum.org](http://www.folkartmuseum.org)

**“The Dragon’s Gift”**

Now thru January 5<sup>th</sup>, 2009 at the Rubin Museum of Art,  
150 West 17<sup>th</sup> ST, New York, New York  
[www.rmanyc.org](http://www.rmanyc.org)

**The Elly Sienkiewicz Applique Academy LLC**

February 12th thru 15<sup>th</sup>, Williamsburg, VA  
[www.elysienkiewicz.com](http://www.elysienkiewicz.com)

**“Gothic:Dark Glamour”**

now thru February 21, 2009 at the Museum of the Fashion Institute of  
Technology, Seventh Avenue at 27ty Street, New York City  
[www.fitnyc.edu/museum](http://www.fitnyc.edu/museum)

**“Paris/New York: Design Fashion Culture, 1925-1940”**

Now thru February 22, 2009 at the Museum of the City of New York, 1220 Fifth  
Avenue at 103rd Street, New York City  
[www.mcnyc.org](http://www.mcnyc.org)

**“The Essential Art of African Textiles: Design Without End”**

Now thru March 22, 2009 at the Metropolitan Museum of Art, Fifth Avenue at  
82<sup>nd</sup> Street, New York City  
[www.metmuseum.org](http://www.metmuseum.org)

**Hudson River Valley Art Quilt Workshops**

Now thru May 2009: 1-888-665-0044  
[www.fiberartworkshops.com](http://www.fiberartworkshops.com)

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**Hospitality**

The Guild is in need of someone to step forward and be our hospitality  
chairperson. If you would like to ‘apply’ for the job, please talk to one of the  
board members at the meeting. If you want to share the position of being the  
chairperson, this would work, as well.

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## **Publicity**

We need to publicize our guild and so we are in need of someone to step forward and be our Publicity person. If you would like to 'apply' for the job, please talk to one of the board members at the meeting. All this requires is the writing of a few articles about our Guild and the submitting them to the local newspapers.

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## **Directions to Ridgefield Parks & Recreation**

Coming from the north on Rte. 7 south, turn right onto Rte. 35. Go about 2 miles. The entrance to Ridgefield Parks & Recreation is on the right-hand side, opposite the Fox Hill Pond and condominiums.

Coming from the south, take Rte. 7 north to Rte. 102 in Branchville. Turn left onto 102 and proceed about 4 miles to Route 35. Turn right onto Rte. 35 and proceed about 3 miles through Ridgefield town center. Ridgefield Parks & Recreation is on the left-hand side after you pass the Copps Hill Shopping Center. The entrance is opposite the Fox Hill Pond and condominiums.