

Volume 37 Issue 4 December 2023 Celebrating Our 38th Year 1985-2023 N.Q.A. N.J. Chapter #321

### President's Message

As 2023 draws to a close, the guild has some very important events on the horizon for 2024. Our Quilt Show "Quilts In Wonderland", will be the culmination of MUCH planning. One show gets finished and the next is being thought of just a short time later, even if it's just you thinking about all the quilts you'll surely make for next time! In order for that to happen, though, we need to have a nominating committee and people willing to take guild chairmanships for the 2024-2026 term. Won't you please consider taking part in one or the other so the guild can have strong leadership heading into the new term? Let your opinion count in the future of the guild!

The Bee Meetings will continue in 2024, on the first Friday of the month at the Manasquan Methodist Church, as it has been. At the December meeting a hospitality committee was formed to help share the work involved with setting up / cleaning up the room the group meets in. I'm so glad the Bee Members can continue to enjoy the fun and socializing that these meetings have provided!

Posted on the last page of this newsletter is the chart with the Pot Luck assignments. While I'm very sorry "Miss Kat" could not speak at our meeting as planned, the dinner is always fun and I for one am glad we have time for it again!

The Guild has secured a table at Crestwood Village 7's Craft Fair on Saturday, December 16, to sell crafted items and quilt raffle tickets. If you're able to spare a couple of hours that day to help man the table let me know!

Happy Holidays!  
Donna



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### Meetings/Events Calendar 2023-2024

Underlined denotes Guild Meeting

9/10/22 – Sunday Beachplum Festival at Island State Park

Sept 15, 2023 – Pizza Party, Block of the Month Completed Quilts Showcase; Huge Show & Tell, Quilt Show Prep, Budget Review, Audit Report

10/20/23 – Make & Take Project, Quilt Show Tips: Color and Design, Collection of Fall Placemats  
10/21/22— Sit 'n Sew—Embrella fleece blankets

11/17/23– Dr Holstein Lecture: Ergonomic Quilting, , Quilt Show tips: Borders and Sashing

12/15/23– Pot Luck Dinner, Quilt Show Tips: Quilting Design

1/19/24 – Quilto and Quilt Show Tips: Is Your Quilt Show-Ready?

2/16/24 – TBD, Spring Placemats

3/15/24 – TBD, Quilt Show Planning; Challenge Quilt Voting

4/13-14/24 – Beachplum Quilt Show. No regular meeting  
No April Newsletter

5/17/24 – Dina Newbert lecture on FFP—Fabulous Fabric Puzzle  
5/18/24—Workshop on FPP

6/21/24 – Finale – Pot Luck Dinner, Member Photo

Minutes of November 17, 2023 Meeting

Our Vice President, Dona S, will be chairing our meeting this evening in place of our President, Donna DeA .

Dona began welcoming everyone to our November meeting followed by the reading of our guild members' November Birthdays: Peggy R., Carol L., Mary P., and today Patti B. and our very own Dona. S.

Dona inquired if there were any mistakes or corrections from the October minutes as published in our Newsletter. Motion to approve report Jeanne H., seconded by Kathy McE. Motion to approve and carried.

**TREASURER'S REPORT:** Was not available.

Between the Sit-n-Sew in October, and the October Bee meeting, the guild rehabilitated and returned 75 Fleece Blankets to Embrella which is a nonprofit agency that serves foster children and families through advocacy, education and training. Sincere thanks to all the members who participated in these two gatherings, or worked on some blankets at home. A special shout out to Dona S. who organized both sessions and worked on at least 15 blankets at home. Note: Additional blankets were brought in and need some finished work.

**SIT-N-SEW:** An upcoming Sit-N-Sew will take place on Saturday, January 20, 2024 to make our Quilt Show Door Prizes, traditional Tote Bags. We hope many of our members will attend. Kits will be prepared in advance for you along with instructions. Looking forward to seeing you in January.

There **WILL NOT** be a potluck supper at the December meeting. Our evenings Guest speaker, Kathleen "Miss Kat" Lindsey, has requested an hour and 15 minutes to 1 hour and a half, so it's not possible to fit everything into our itinerary.

Raffle Tickets were distributed at the beginning of the meeting. If you didn't pick them up they will be mailed to you.

**QUILT SHOW 2024:** I was pleasantly surprised at our meeting to see so many of our members volunteering. Thank so much for your continued support. It is truly appreciated.

As stated there will be a **Sit-N-Sew** scheduled for Saturday, January 20, 2024. Time TBD. We have a **Zoom** meeting scheduled for Friday, December 1, 2023 at 6:30 p.m. We request that all Chairs attend with an up to date Report in order to see where we lack in preparations and/or help if necessary. Of course the meeting is open to all and your input is always valued along with constructive suggestions.

We will schedule additional Zoom meetings for January, February and March. Date & time TBD.

**PROGRAMS:** Dina had presented an excellent Tutorial for the Quilt Show entitled "Edge Treatment, Borders & Binding". She spoke of Traditional, Prairie Points and Envelope borders just to name a few. Presentation of our Quilts with straight line, cleanliness and cut threads. Color was touched on and what Judges look for when evaluating quilts. Also a crisp 90 degree corner, sewn w/o visible stitches and thickness of binding should be uniform and also shown pictures describing how to improve quilts with just the right treatment or new technique bringing them to a whole other level. Dina also stressed that your Quilt is yours and in the final outcome there isn't a right or wrong way. Be happy with your quilt, it's yours! You've earned it.

Our Quest Speaker for the evening was Dr. Katie Holstein, Riverside Chiropractic Health Center, which is a place for chiropractic healing and wellness. Dr. Holstein had demonstrated various positions, for Quilters, in specific ways for optimum results with good posture. Such as being mindful of proper posture, adjusting your work area, taking frequent breaks, supportive shoes and if needed seek help to improve balance and any imbalances. Dr. Holstein through videos showed proper diaphragm breathing, abdominal, pelvic and seating positions for best results, and distributed flyers with explanation of exercises and good posture. Stressed was the Quilting Ergonomics, i.e.; fingers, support solutions wrist and mindful of 90 degree angles.

**CHARITY QUILTS:** It was emphasized to please place your name on your quilt and fill out the Quilt Delivered Sheet that both Carol C. and Juanita G. have.

(continued on next page)

Minutes of November 17, 2023 Meeting (continued from previous page)

**BLOCK OF THE MONTH:** Our winner was Ivette R. and decided to share the blocks with Susan M. Congratulations ladies.

**DOOR PRIZES:** 1<sup>st</sup>: Sue G., 2<sup>nd</sup>: Rita R. and 3<sup>rd</sup>: Gail M.

**SHOW and TELL:** Our quilting members have shown their expertise and continued development with their craft. Laurie S. demonstrated her Christmas sweatshirt with beautiful embellishments and had spoken about the pros & cons of fusibles. Kit D. for Christmas is making quilts for her Daughters and had shown how lovely they are turning out. Jackie P. had shown two quilts, made at the Bee Meeting members, with half-square-triangles, but in different colors, yet each quilt stood out with their own beauty and were given as Charity Quilts. This is just to name a few of our members and how we work and learn from each other. Remember we're never too old to learn something new.

Respectfully submitted by:  
Gloria Squicciarini, Recording Secretary

Bee Meetings



Come and join us for ideas and fellowship. We meet at the Manasquan United Methodist Church, 17 Church Street, Manasquan, NJ from 1-3PM on the first Friday of each month (summer meetings TBD).

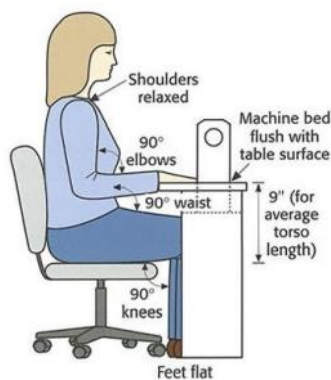
We would love to see you on January 5th, 2024. Pat L will be providing refreshments. Please contact her if you wish to contribute snacks. There is a charity quilt in progress or bring your current project. You will need a machine to work on the charity quilt.



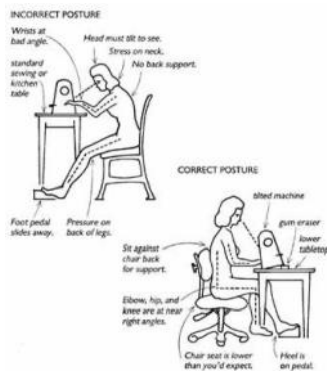
**December Bee Meeting Make 'n Take**

Jackie P. prepared two Make 'n Take projects for the December Bee Meeting, but members weren't able to work on them, so they took their kits home. These two photos show the finished projects! Thank You Jackie for your efforts in putting the kits together!

Ergonomics for Quilters



Ergonomics of machine sewing



Source: Wee Mindings - The Perils of Poor Posture



## Quilted Hugs

At the November meeting, several people expressed interest in the pattern for the Quilted Hug Project, named by the person who created it. I would encourage everyone to watch the video found on You Tube

[https://youtu.be/Y8\\_XvvkKjyM?si=AezZosZ55ZT1UPMC](https://youtu.be/Y8_XvvkKjyM?si=AezZosZ55ZT1UPMC)

This video provides the background, as well as instructions for construction. In addition, if you're a Facebook user, you can follow the Quilted Hug Project, to see how others have completed their quilted hugs, some with variations.

Essentially, you will piece together your top to form a chopped off triangle (making it shorter and point-less, as this is more comfortable for those in a wheelchair). The dimensions will be as in the diagram below. It has no batting, but is backed with fleece. Two yards of fleece (which is typically 60" wide) is sufficient for two shawls but you would need that much even for one shawl.

What you'll need for each shawl:

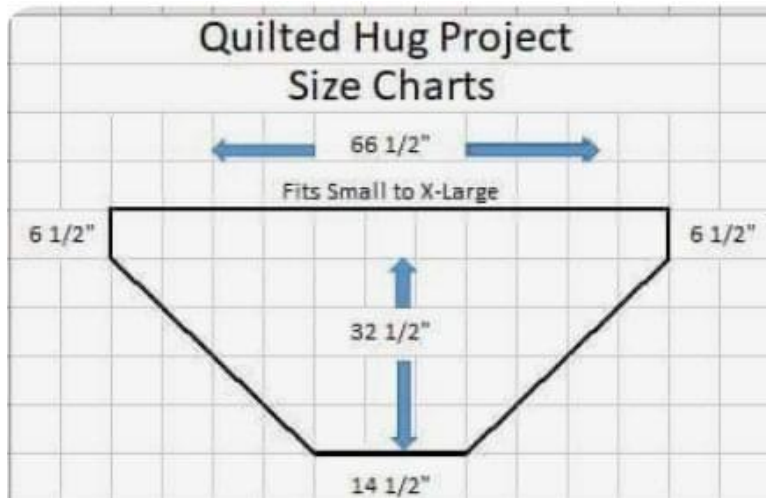
- the top, any design you want, cut roughly to the size in the diagram
- two rectangles each 3" x 8" for the closure
- about 7.5" strip of Velcro
- about five 2.5" x Width of Fabric strips for binding
- 2 yards 60" wide fleece (for backing and pockets) – makes two shawls, because they are laid out on the diagonal

The instructions are posted on our website, in the newsletter section.

This is not an official Beachplum project, and this pattern is not to be used for shawls to be sold (just donated), as described in the video. Pay it forward.

If you have any questions I'd be glad to help.

Marcia



## Block of the Month

November  
Turkey Trot



December  
Gift Wrap



### A Note From Kristin Alfano

Something I surely didn't think I would be doing anytime soon...

I have decided it's time for a major plot change and have decided to go back to school to become a Radiographer. I start January 16, 2024 and the program will take me 2.5 years to complete. Since I will no longer be working from home, my quilting time will be very limited.

It has been such a pleasure getting to know all the ladies in the guild and it's been an honor to quilt with and for many of you. I will forever treasure the memories that have been made over the last 8 years as a part of the Beachplum Quilt Guild!

Keep in touch!

Sincerely,  
Kristin Alfano

## Classifieds

Three of our members offer longarm quilting services!

Sherre MacClellan  
SeaGlass Quilting  
Cell: 732-766-0999  
Home: 732-625-0001  
Email: [sherre@SeaGlassQuilting.com](mailto:sherre@SeaGlassQuilting.com)



Emilie Snyder  
Custom Quilting and Quilt Repairs

Custom Designs, Shirt Quilts | Quilt Repairs, Longarm Quilting  
erlutt@gmail.com | Little Egg Harbor, NJ  
(908)-907-8652

Chiara Oliver  
Computer-guided INNOVA LONGARM

Quilting

978-764-0267 | Brick, NJ  
[quilting@chiaraoliver.com](mailto:quilting@chiaraoliver.com)

**THE BEACHPLUM QUILTERS  
OF THE JERSEY SHORE, INC.**

P.O. Box 749

Island Heights, NJ 08732-0749

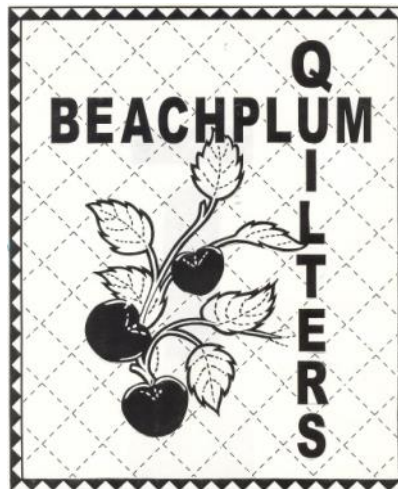
Meetings are held the 3rd Friday of  
each month September through June at  
the Presbyterian Church of Toms River,  
1070 Hooper Avenue, Toms River, NJ 08753

DOORS OPEN AT 6 pm;

MEETING BEGINS AT 6:30 pm

[www.beachplumquilters.org](http://www.beachplumquilters.org)

E-mail: [beachplumquiltmakers@gmail.com](mailto:beachplumquiltmakers@gmail.com)



**Executive Board**

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Donna DeAngelis

**Vice President**

Dona Spencer

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Erma Hoover

**Secretary**

Gloria Squicciarini

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**Audit Committee**

Dona Spencer

**Charity Quilts**

Carol Cashin

Juanita Greenland

**Communications**

(vacant)

**Hospitality**

Mary Pabst

**Membership**

Ginger Cullen

**Block of the Month**

Marcia Guza

Dixie Moore

Emilie Snyder

**Door Prizes**

Jane Schoonfield

**Programs**

Dina Newbert

**Show & Tell**

Marlene Stoever

**Newsletter Editor**

Marcia Guza

**Webmaster**

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**2024 Quilt Show Chair**

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[www.craftyfabricsquilting.com](http://www.craftyfabricsquilting.com)

[Diane@craftyfabricsquilting.com](mailto:Diane@craftyfabricsquilting.com)

10% discount to BPQ guild members!

We also offer longarming services.

**Deadline for the next newsletter is**

**JANUARY 4, 2024**

E-Mail your news in a Word document (not PDF)  
using Arial font to

**[Marcia\\_guza@yahoo.com](mailto:Marcia_guza@yahoo.com)**

**December 2023 MEETING  
POT LUCK DINNER ASSIGNMENTS**

**A-D Bread or Side**

**E-G Salad**

**H-Mi Dessert**

**Mo-R Side**

**S-Z Main Dish/Entrée**

Coffee and tea will be provided. Otherwise, bring your own  
beverage.

Please clean up after yourself before leaving.

**December Meeting Checklist**

- **Name tag** and a welcome smile for guests
- Block of the Month
- Show & Tell
- Charity quilts
- Donations to The Hope Center: Feminine pads and tampons
- Pot luck dinner item

**Next BPQ Quilt Show  
Quilts in Wonderland  
April 13-14, 2024**