

# SNIPPETS



*ONE OF OUR OWN*  
D. J. Stultz

Say hello to D. J. Stultz as this month's "One of Our Own." D. J. is originally from North Carolina and started quilting in 2007. Her interest in quilting began when a friend told her it would be fun and something they could do together. D. J. says she is still learning new techniques and her interests lie with modern quilts and art quilts. D. J. won an art quilt contest for her quilt about new beginnings. She considers her greatest accomplishment as a quilter to be finishing her first quilt. She says that proved to her that she was capable.

Along with Jerre Reese, D. J. is responsible for our guild's challenge quilts during the year.

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### Projects / Challenges

See current list of 2014

Officers / Chairpersons

### Web Page

[Coastal Carolina Quilters](http://CoastalCarolinaQuilters.com)

## Greetings from Bev

It only takes one step outdoors or a quick view of the weather channel to be reminded that summer is in full swing. The humidity is at about 207% and we've had a tropical storm/hurricane brewing off the coast. Get away from your 4-letter words (dust, wash, cook, iron) and have a couple of hours of 3-letter words (fun, sew, and etc.) I love spending the day at the pool and the night sewing! What a rough life.

I've been working on a christening gown for my new great-great niece who is supposed to be christened in August. The smocking is complete and the sleeves are made. I am waiting to see what her approximate size will be before I make the bodice so I will mush on with a lot of lace shaping on the skirt and a lace flounce on the hem. The Royal Family can eat their hearts out on this one!

I found this paragraph in a recent copy of the Nordic Needle Newsletter -

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*"I did find one scientific research project that addressed stress and sewing as reported on [SewNso's Sewing Journal](#).*

*"A clinical study commissioned by the Home Sewing Association (HSA) reveals that women who sew – both skilled as well as novice sewers — experience a significant drop in heart rate, blood pressure, and perspiration rate when compared to women who participate in other leisure-time activities. Studies have shown that engaging in an activity like sewing reduces your overall heart and blood rates and promotes relaxation. Their belief is that sewing involves the muscles and the mind, promoting healthier body synergy, and that because sewing has been so successful at promoting relaxation among women who sew that it may be better than therapy. Heart rate, blood pressure, and perspiration rate are three key factors in the measurement of stress." You can read more about the study on her blog."*

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👍 Check out our new website! Dawn has worked really hard on it and it looks fantastic.  
[www.coastalcarolinaquilters.com](http://www.coastalcarolinaquilters.com)

We look forward to seeing you at our summer meetings July 21 and August 18. In the meantime, have a wonderful summer!

Beverly Clement, President

## Notes from Margo

It's that time of year again, *sticky and steamy*, which means we're getting ready for our July workshop. We need your help to accomplish all that we have on our plate. This is sweatshop sewing at its best. Henry Ford would be proud. We have lots to get done at this year's summer workshops. . . baby quilts, bead bags, pillowcases, Meet the Quilter centerpieces and QOV presentation bags. Joan Wobbleton was able to get flat (blue background with stars) remnants, for free, from a flag company in Kingstree, SC. She came up with this brilliant idea to make QOV presentation bags out of them instead of making and using a standard pillowcase. They make a great bag for a QOV and free is GOOD!



This is a photo of the finished presentation bag.

**Sewing machines and sergers** — we need as many as we can get!! Everyone should bring a basic sewing kit. . . . just in case.

- Bring a sewing machine **with a walking foot**, plus an extension cord. Sixty baby quilts are ready to sew. Bring assorted color threads for topstitching.
- Bring a serger and an extension cord. Bead bags, pillowcases and QOV presentation bags to serge. Nave blue thread, if you have it, for the QOV bags, would be nice.

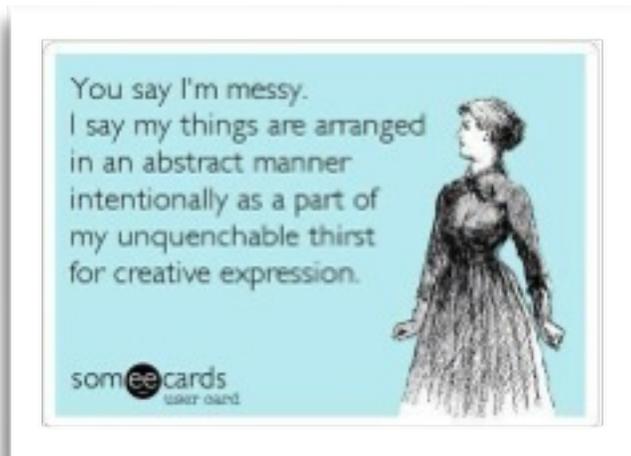
If you can't bring a machine, there are other things you can bring and do to help out!!

- Bring irons and ironing boards to press the quilts, pillowcases and QOV bags. **We need at least 5!!** Please contact Margo Woolard at 843-655-4826 if you can bring irons and boards.

- Bring **paper scissors** to cut poster board and **fabric scissors** to cut the fabric for Meet the Quilter centerpieces.
- We have 425 bead bags ready to add cording. Yes, we have the bodkins to run the cording!

**Kathy McNeil Class - September 16th** —

There are still 4 opening in the class. Time is running short; you must have your form and check to Margo Woolard by July 31. After that date the class will be opened up to other guilds.

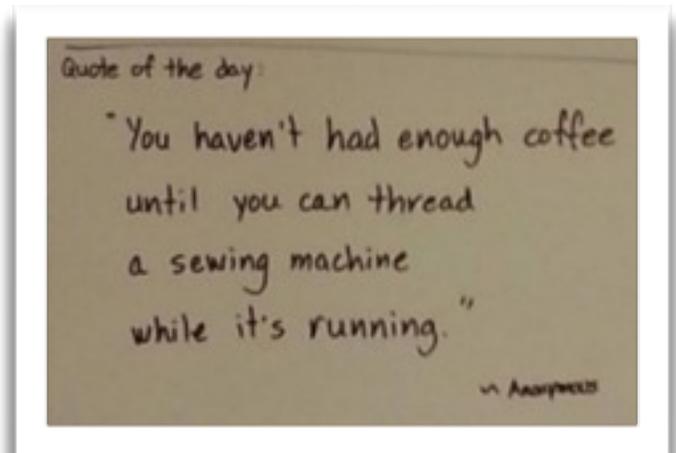
**\*\*\*\*Membership Updates\*\*\*\***

Please update your membership roster with this change of e-mail address:

**Bianchi, Sandy**

new e-mail:

[whitchurch232@gmail.com](mailto:whitchurch232@gmail.com)



**Did You Know???**  
— Tips about sewing  
machine tension —

**HOME MACHINES**

**Q.** Can I rely on the automatic tension system to adequately adjust the top tension?

**A.** No. If you use different threads, fiber types, and sizes, your automatic tension setting most likely will not be adequate to adjust properly for all situations. Learning to manually adjust an auto-tensioned machine is very important when using a variety of threads.

**Q.** How do I know when the top tension is too loose?

**A.** The top thread loops on the back. You may also get what is called a birds nest, where the top thread bunches up underneath.

**Q.** How do I know when the top tension is too tight?

**A.** Thread breakage, thread shredding or fraying, seeing a lot of lint from a high quality thread, and/or feeling excessive resistance when pulling the thread through the needle. Make sure you also check the needle size because these symptoms may be related to using a too small needle.

**Q.** Do some threads require looser tension settings even though they are not heavy threads?

**A.** Yes, especially metallic threads, hologram threads, and other sensitive threads.

**Q.** Is it necessary to adjust the bobbin tension?

**A.** Sometimes, but not nearly as often as the top tension. If a good bobbin thread is breaking, check the bobbin tension. It might be too tight.

**Q.** It seems like the top tension doesn't change even though I adjust the setting. Why?

**A.** There might be lint or debris caught between or behind the tension discs prohibiting them from opening and closing properly.

**Q.** Can you help me reduce the tension and stress in my life?

**A.** Yes. Have a grandchild.

You can view more information regarding the “why and how” of threads and tension on the Superior Threads website [www.superiorthreads.com](http://www.superiorthreads.com) in the “Thread Education” portion. One article that is very informative is “The Thread Tug-of-War.”

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**LONGARM MACHINES**

Tension is more involved on longarm machines. Until recently, there has been no way to measure top tension on longarm machines so it required constant experimenting and guessing. Bobbin tension also requires frequent adjusting, usually every time a thread combination changes. There are two tools available for longarm tension measuring.

1. Top Tension Pro - an electronic device that measure top tension. Designed mainly for Handi Quilter and Baby Lock longarm machines.
2. Towa Bobbin Tension Gauge

Information about these 2 items can be found on the Superior Threads website.