



## Week 8 – Stitch 'n flip!

Can you believe it's time for Week 8? Wow!

We are so glad you are here with us for the sisterhood Quilt Along!

This week we will be making blocks 4, 10 and 16!

**Looking for the Giveaway???**

**It's all the way at the bottom of this newsletter!**

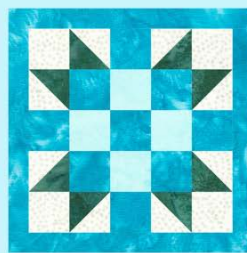
**Be sure to check to see if you won!**

Block 4



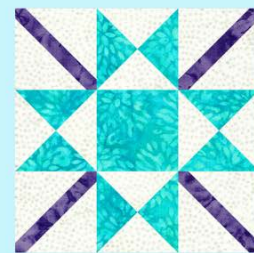
*Cynthia*

Block 10



*Mary Anne*

Block 16



*Anne*

*Just in case you haven't started yet, to be able to make the quilt, you do need the pattern! Click below for links to purchase either the paper pattern or the PDF version.*

[Purchase PDF pattern](#)

[Purchase Paper Pattern](#)



## Stitch 'n Flip

Stitch and flip is a super easy technique, but since it is so easy, it is also easy to mess up.

Accuracy is KEY! Make sure all of your raw edges are exactly aligned, your drawn lines are actually corner to corner, and you sew exactly on those drawn lines.

One tip that works great for us is to press your unit BEFORE trimming to ensure the triangle covers the corner. If it does - wonderful! Trim and move on.

If it doesn't, press the unit flat and gently remove the stitching and try again.

*If you would like any additional Stitch 'n Flip tips, there are links below to Tammy's blog post and Kate's blog post on the Stitch 'n Flip technique!*

[Link to Kate's blog post - the Stitch 'n Flip Technique](#)

[Link to Tammy's blog post - the Stitch 'n Flip Technique](#)

## Block 4 - Cynthia



Cynthia is our only gal using the Stitch and Flip technique. You'll be doing an opposite corner stitch 'n flip for your D/L units.

For your K/L units, you will be doing a double corner stitch 'n flip .

When making the K/L units, check your seam overlap to make sure you have a  $\frac{1}{4}$ " overlap when done. This will give you lovely sharp points when the block is pieced.

*See image blow.*





## Block 4 – Cynthia's Story

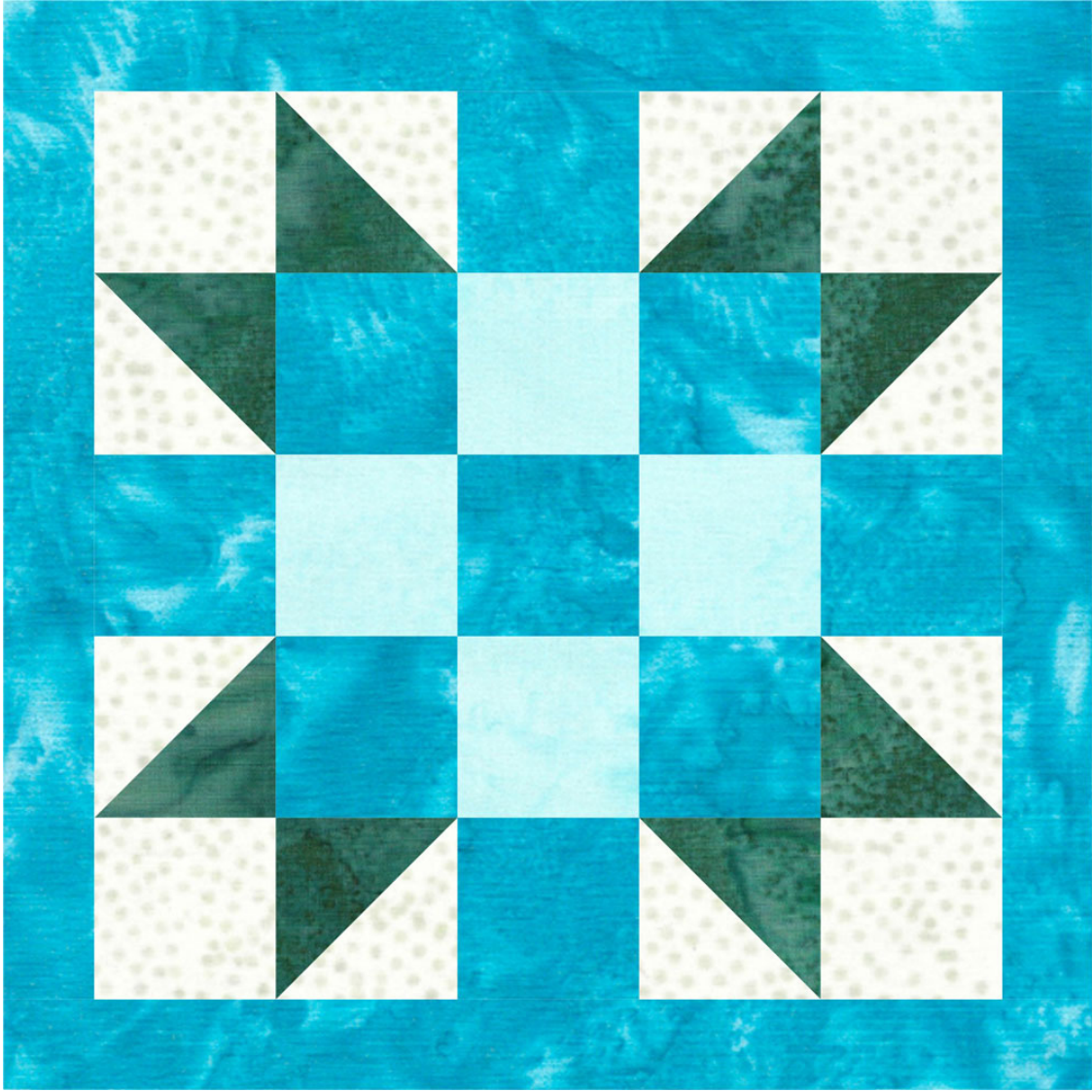
Tammy:

Cynthia is my brother's wife – my sister-in-law. My sister in heart. She is amazing – caring, sweet, emotional, talented, supportive. A chiropractor professionally, a photographer as a hobby, she appreciates my quilts.

In fact, she said I had turned her into a quilt snob! She purchased a quilt on line, and critiqued the less than stellar quality of the mass produced product in comparison to those she has received from me. I'll take that!

Four X Star

## Block 10 – Mary Anne



Remember those HST units from Week 1? You get to make eight HST and combine with a fun nine patch center unit and a few solid squares.

Finish off this charmer with some sashing and ta-da - you're done!

Easy peasy!

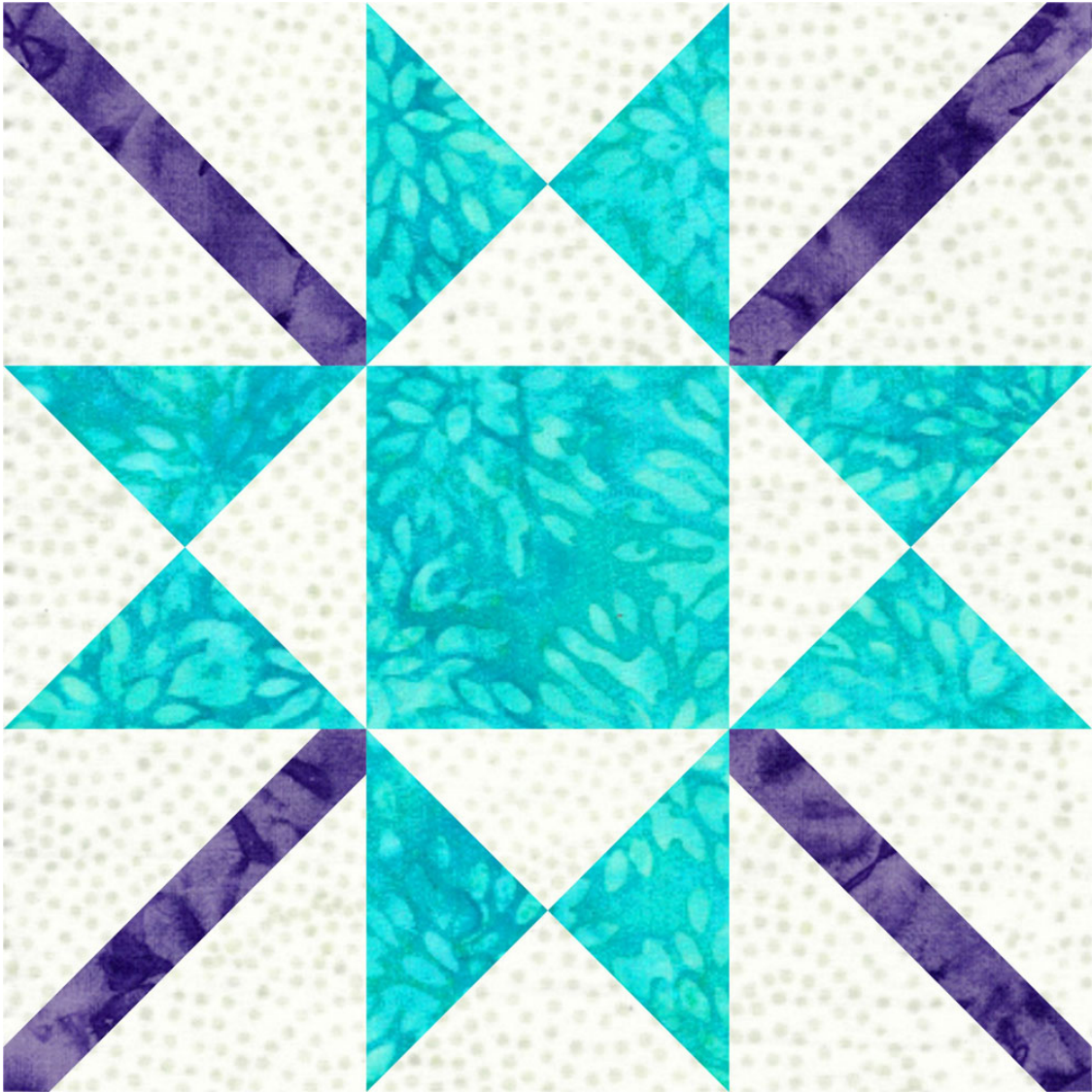
## Block 10 – Mary Anne's story

Tammy:

Mary Anne, or Dixie as she preferred to be called, was my mother. Like most mothers, she was complex and a huge influence on my life. She was a maker, like her mother, and thanks to Mom I grew up in a creative environment.

While she never really said it, I think she was proud of my quilt designs. I know she bought every magazine I was in, and I fondly remember going to some quilt shows and quilt retreats with her. It was wonderful to have a common passion to share and explore.

## Block 16 – Anne



This block might feel tricky- but really it's not!

You start with some QST units- you have done these before.

Then, the corner units combine two half square triangles with a long rectangle. When piecing these together, be sure to mark the center of the long seam edge on each unit and match up those centers when stitching. Then trim the unit to size.

One trick that worked great for us was BEFORE we trimmed the unit down to size, we finger pressed the long F rectangle in half lengthwise to give us the diagonal line to place on the 45 degree line of our square ruler. This keeps the F unit properly aligned when trimming down.

Because, when trimming the corner A/F units down, you need to make sure the F rectangle is roughly centered along the 45 degree line and the center of the rectangle comes up to the corner of the ruler.

Once you have your corner units and QST units, the block construction is a snap!



# Block 16 – Anne's story

Tammy:

Anne is a dear, dear friend. And guess how I met her? Yup – through quilting! She started taking classes from me way back in the day – long before I started officially designing. Throughout all of my design adventures – for magazines, with a design partner, on my own under my own label – Anne has been there!

She has tested patterns, sewn samples, and provided inspiration as well as acted as a sounding board. She is part of the Tamarinis experience and I don't think I'd be where I am now without her.

## Guest Designers

Each week, we will have guest quilt designers share a block they made from the Sisterhood quilt and share a story of an influential woman in their life.

Enjoy!



Block 4

**from Nancy McNally:**

Hi, I'm Nancy McNally of [NancyMcNallyQuilts.com](http://NancyMcNallyQuilts.com). I chose block #4 because of the movement of the fabric/colors. They appear to be woven or wrapped around the center star. This block represents two very influential women in my life. I realize the assignment was supposed to be about one woman that influenced my life, so read on and

you will understand why I must tell you about two women. The two women that mean the most to me.

My mom and birth mom.

It all started when I was born. I was born in 1964, when an unwed mother was shamed by family and society...it was hush hush back then. My birth mom lived in Ohio and was only 15 years old when she learned she was pregnant with me. At the end of that school year, she was sent to finish out her pregnancy in Virginia where her brother lived. Her brother and his wife were friends with a

couple who had recently lost twin boys, around the fifth month of the pregnancy.

The couple already had two biological children, two daughters. The wife (mom) went into a depression after losing the twin boys.

My birth mom's brother approached their friends and asked if they would like to adopt his little sister's baby. It would be a private adoption. They said, "YES!" They chose me.

I was adopted when I was 2 days old. After I was born, in August of 1964, my birth mom was sent back to her home state. She had to prepare for school, she would be a junior in high school.

My new family, the Clark's, loved me as their own. We moved often because my dad was in the Navy. My dad retired from the Navy when I was about 12 years old. My parents decided to move us to their hometown of Rock Hill, SC. We moved from the east coast to the west coast and back to the east coast. The moving so often, every 2 years, made it so my mom would have to find a new set of doctors. She had kidney disease. I believe my mom was diagnosed when she was in her early 20's. She had surgery to remove one kidney. The remaining kidney, barely functioned. Even though my mom was sick with kidney disease, she was always there for me. Always.

We moved to SC when I was in the 7<sup>th</sup> grade. A few years later heart disease struck my mom. She had a heart attack. I remember that day like it was happening right now. I remember coming home and she was not there. My older sister was there waiting for me. She told me what happened. The next day I went to school and that was when I broke down, that was when it hit me, realizing what had happened to my mom. The next year, she was in and out of the hospital, lots of doctor appointments trying to keep her healthy and strong. She had 2 open heart surgeries. She had been sick for a long time, struggling with kidney disease and now heart disease.

She died when I was 15. She had a massive heart attack and went into kidney failure. I was told her doctor was on top of her hospital bed trying to keep her alive to get her into surgery. She stopped him. My mom stopped him. She told him she was tired of being in pain, to just let her go. Again, a day you never forget.

My life changed that day....my mom was a strong woman. She suffered due to her health and other family issues, but she always smiled, had the best jokes and stories to tell. She was a great storyteller!

My mom was the matriarch of our family and she held us together! She raised me to say "Yes mam, no mam, yes sir, no sir" She had tight reins on me and my two older sisters. She raised me to respect my elders, be kind to others, mind your manners. And let me tell you what! If I did not obey the rules, I knew I was in trouble. I would hear her yelling for me, "Nancy Lynn come here!" You can just imagine how it feels when your mom calls you by first and middle name...you knew you did something! LOL

Remember my mom died when I was 15, I said she was the matriarch of the family. Our family fell apart after she died. By age 17, my dad decided to leave. I was the only child left at home. Now I was on my own and in my last year of high school. I was able to "survive" because of how my mom raised me. My mom taught us how to cook, clean, shop and take care of ourselves.



My mom always told me, when I wanted to meet my birth mom that she would help me. She understood that I wanted to know who I looked like and where did I come from. I did not pursue searching for my birth mom while my mom was alive. I waited until I was 19 years old to begin searching for her.

I found her. I look just like her. Have the same personality as her.

My birth mom also suffered. When she was a young girl, she was molested by her father. When she became a teenager, she stayed out of the house as much as possible so that she would not be around her father. He was also an alcoholic, a mean one.

My birth mom knew that one day that I would find her. She told me that she could feel I was getting closer. I was looking for her. Guess what? She only lived 3 hours away from where I lived at the time. I found her when I was 19. I found her, not by the internet. There was no internet or computers back then. I found her by good old fashioned hard research. The telephone operator, and US Mail. My adoption papers were sealed by the state of Virginia. I had one copy of the legal papers to use in my research.

Once we met, I did not want to ever be separated from her. She told me about her life and how she cried in the hospital bed after I was born. All the other mommies got to hold their babies; her baby was taken away. She said that she gave me a name, Angel Louise. Louise because that was her middle name.

Both my moms were very strong women. They suffered and came out on top, at least in my eyes they did. They did their best with what life gave them. They taught me, showed me, you can overcome obstacles that come before you. Go the right path and keep on!

Back to the quilt block. I see me in the middle and they, both of my moms, wrapped around me protecting me. My birth mom did what was best for her baby and herself, she made a huge sacrifice. My mom, even through all her health issues, she was always there. Making certain her family was taken care of. She chose me to be her child. She only met one of her grandchildren, my oldest sister's first-born daughter. If she, mom, were alive today, she would have 12 grandchildren and 5 great grandchildren. I can see my mom smiling and laughing to this day. She was a wonderful woman that took on a child that was not of her blood and raised her like she was.

There is a lot more to my story and theirs. I know I can survive what life throws at me because of what my two moms endured.

Be strong and embrace.

You can find more about me by going to my website and check out my blog or shop:

[NancyMcNallyQuilts.com](http://NancyMcNallyQuilts.com)

### from Kate Starcher:

My story – My inspiring woman is actually a girl – a sixth grade girl. A few years ago, I was working on a quilt binding at a school event for my oldest, and one of his classmates said it was really cool. I did the whole "oh, it's just a quilt" thing, and she told me that SHE thought it was cool, so I should take pride in my work. So whenever I get imposter syndrome, I remember that a sixth grade girl thinks my work is awesome.

Kate's website:

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



Block 16

### from Megan McGuire:

I choose not to use the same colors as Kate and Tammy rather I choose a dark background and two shades of teal for the block. I choose these colors because the most influential woman in my life is my mother Rose. She is a strong woman who says she's leans to the "dark" side, so I choose the dark background but then put my favorite color (teal) as the main color. She is the one who taught me to quilt at a very young age of 9. She always told me to follow my dreams and that is exactly what I am doing. Thank you mom for everything you have taught me and for being my biggest cheerleader!

Megan's blog post about her block:

<https://megschoicepatterns.blogspot.com/>



**We have a great giveaway this week from The Warm Company!**

This week we have a fabulous giveaway! The generous folks at The Warm company are giving away a Queen size batting!

One you have that quilt all made, you will need some batting so you can quilt it, so this is a great prize!

**And the winner is.....**

**Joan!!!!**

Congratulations!

Joan's emails starts with "smithjim....."

**Joan- you need to reply to this email with your full name and mailing address BEFORE 9am Sunday June 12th!!!!**

If we don't hear from you by then, we will pick another winner.

Or you can email Tammy directly: [info@tamarinis.com](mailto:info@tamarinis.com) or email Kate



directly: [kate@katecollerandesigns.com](mailto:kate@katecollerandesigns.com).

Thank you for reading our Quilt Along newsletter.

We appreciate all of you!

**Thank you!**

*Don't forget- to make the quilt, you need to purchase the pattern!*

Purchase PDF pattern

Purchase Paper Pattern

## Happy Quilting!

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